

# October 2023: FITNESS CLASS SCHEDULE

Classes are complimentary to all and suitable for all fitness levels.  
The series of classes are conducted in partnership with Health Promotion Board  
Healthy Workplace Ecosystem.



To secure your spot at class, Singapore residents can book classes on the Healthy 365 app by searching for “Marina Central” under events.

Monday	Tuesday	Wednesday	Thursday	Friday
17:45 – 1845				
<b>Hip Hop Fitness</b>  Suntec Convention Level 3 / Rm 324 - 326				
	18:00 – 19:00	18:00 – 19:00	18:00 – 19:00	
	<b>Zumba</b>  Suntec City Tower 1, outside H&M	<b>KpopX Fitness</b>  South Beach Fountain Plaza	<b>KpopX Fitness</b>  Suntec City Tower 1, outside H&M	
18:30 – 19:30	18:30 – 19:30	18:30 – 19:30		18:30 – 19:30
<b>K-Kardio</b>  Suntec City Tower 1, outside H&M	<b>Cardio Dance</b>  Millenia Walk The Sculpture Plaza between Millenia Tower & Millenia Walk	<b>Steel Combat</b>  Linkbridge Between Marina Square and Millenia Walk (Level 2)		<b>Zumba</b>  Linkbridge Between Marina Square and Millenia Walk (Level 2)
19:15 – 20:15	19:15 – 20:15	19:15 – 20:15	19:15 – 20:15	
<b>Hip Hop Fitness</b>  Suntec Convention Level 3 / Rm 324 - 326	<b>Zumba</b>  Suntec City Tower 1, outside H&M	<b>Cardio Dance</b>  South Beach Fountain Plaza	<b>KpopX Fitness</b>  Suntec City Tower 1, outside H&M	

Hip Hop Fitness	Hip-hop Fitness is a form of exercise that blends dance moves with strengthening exercises along to fast-tempo hip-hop music.
K-Kardio	K-Kardio Dance incorporates simplified MTV moves with a variety of fitness and dance elements like Aerobics, Kickboxing, Hip Hop, Pilates, HIIT, etc. It is fun, engaging, and intense. It is suitable for participants of all ages, with or without a dance background.
Zumba	Zumba is a fun and energetic workout that combines Latin and international music with dance steps to create a workout that’s as enjoyable as it is effective.
Steel Combat	Steel Combat® is a New Revolutionary Training System, created and developed by Fernando Gorini. It is based on the principle of granting the best Physical Fitness through Fighting.
Cardio Dance	Cardio Dance is a hybrid of dance choreography and cardio exercises set to music, creating a heart-pumping workout to keep your body in constant motion
KpopX Fitness	KpopX Fitness combines simple K-Pop dance moves with aerobics and body toning exercises.

