

March 2024: WORKOUT 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 – 18:45		17:00 – 18:00	17:00 – 18:00	
Hip Hop Fitness Suntec Convention Level 3 / Rm 324 - 326		Hatha Vinyasa Millenia Walk True Fitness / Level 2	Les Mills RPM Millenia Walk True Fitness / Level 2	
	18:00 – 19:00	18:00 – 19:00	18:00 – 19:00	
	Zumba Suntec City Tower 1, outside H&M	Piloxing South Beach Fountain Plaza, outside Lady M	KpopX Fitness Suntec City Tower 1, outside H&M	
18:30 – 19:30	18:30 – 19:30	18:30 – 19:30		18:30 – 19:30
K-Kardio Suntec City Tower 1, outside H&M	Cardio Dance Millenia Walk The Sculpture Plaza between Millenia Tower & Millenia Walk	Steel Combat Linkbridge Between Marina Square and Millenia Walk (Level 2)		Zumba 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	
Hip Hop Fitness Suntec Convention Level 3 / Rm 324 - 326	Zumba Suntec City Tower 1, outside H&M	Cardio Dance South Beach Fountain Plaza, outside Lady M	KpopX Fitness 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.
- Hatha Vinyasa** Traditional static yoga poses are linked from one to another through the use of movements that are synchronised with the breath. This style of yoga builds muscle strength flexibility, breath awareness and endurance, and has a greater effect on the cardiovascular system.
- Les Mills RPM** RPM™ is a group indoor cycling workout where you control the intensity. It combines hit music with the motivational power of an inspiring Instructor leading you on a journey of hill climbs, sprints and flat riding.
- Piloxing** Piloxing is a fusion of boxing and standing Pilates principles. The combination of these disciplines as primary exercise components creates a sense of both physical and mental balance.

