

March 2025: 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
08:00 – 09:00				11:00 – 12:00
Yoga Stretch Millenia Walk True Fitness / Level 2				Pilates Millenia Walk True Fitness / Level 2
17:45 – 18:45	17:00 – 18:00	17:00 – 18:00	17:00 – 18:00	17:00 – 18:00
Hip Hop Fitness Suntec Convention Level 3 / Nicoll 3	LES MILLS BODYPUMP™ Millenia Walk True Fitness / Level 2	Yoga Twist Millenia Walk True Fitness / Level 2	LES MILLS BODYPUMP™ Millenia Walk True Fitness / Level 2	LES MILLS BODYPUMP™ Millenia Walk True Fitness / Level 2
18:00 – 19:00	18:00 – 19:00	18:00 – 19:00	18:00 – 19:00	18:00 – 19:00
K-Kardio Suntec City Suntec Plaza, outside The Grande Whiskey Museum	Cardio Dance Suntec City Suntec Plaza, outside The Grande Whiskey Museum	Pound Fitness Suntec City Suntec Plaza, outside The Grande Whiskey Museum	Dance Remix Suntec City Suntec Plaza, outside The Grande Whiskey Museum	KpopX Fitness Suntec City Suntec Plaza, outside The Grande Whiskey Museum
19:15 – 20:15	18:30 – 19:30	18:30 – 19:30	18:30 – 19:30	18:30 – 19:30
Supafresh DanceFit Suntec Convention Level 3 / Nicoll 3	Cardio Dance Millenia Walk The Sculpture Plaza between Millenia Tower & Millenia Walk	Piloxing South Beach Fountain Plaza, outside Lady M	Steel Combat South Beach Fountain Plaza, outside Lady M	Zumba Marina Square Level 1 Entrance, outside Kiztopia

- 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.
- Dance Remix** Needing an extra spice in your dance workout routines? You've heard of Cardio Dance and you definitely know that remixed music is about altering and contorting an original piece of music by adding, removing and/or changing pieces of the item.
- Yoga Stretch** Yoga Stretch uses the concept of using yoga postures to fully stretch the body.
- Yoga Twist** Yoga Twist includes yoga postures designed to revolve the spine along its vertical axis.
- Les Mills BODYPUMP™** BODYPUMP™ is a fast-paced, barbell-based total body strength workout that will shape and tone all major muscle groups.
- 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.
- Supafresh DanceFit** A Fun, Fresh track-by-track high-energy cardio Dance class, which is easy to follow, energizing, and groovy. Leaving all your inhibitions at the door, Dance, Sweat and burn an average of 400 calories per class.
- Pound Fitness** Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music!



A district collaboration:

MARINA SQUARE

MILLENNIA SINGAPORE

SOUTH BEACH

SUNTEC CITY

Community partner:

esplanade THEATRE ON THE BAY