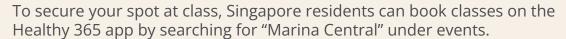
April 2025: WORKOUT CLASS SCHEDULE

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.





Mond 07:45 - 0		Tuesday	Wednesday	Thursday	Friday 11:00 - 12:00	
07:45 - (J8:45				11:00 - 12:00	
Yoga Stretch					Pilates	
Millenia Walk True Fitness / Level 2					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		LES MILLS BODYPUMP™	Yoga Twist	LES MILLS BODYPUMP™	LES MILLS BODYCOMBAT™	
Suntec Convention Level 3 / Nicoll 3		Millenia Walk True Fitness / Level 2	Millenia Walk True Fitness / Level 2	Millenia Walk True Fitness / Level 2	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		Cardio Dance	Pound Fitness	Dance Remix	KpopX Fitness	
Suntec Suntec Plaza The Grande Whis	a, outside	Suntec City Suntec Plaza, outside The Grande Whiskey Museum	Suntec City Suntec Plaza, outside The Grande Whiskey Museum	Suntec City Suntec Plaza, outside The Grande Whiskey Museum	Suntec City Suntec Plaza, outside The Grande Whiskey Museun	
19:15 – 20:15			18:30 - 19:30	18:30 - 19:30	18:30 – 19:30	
Supafresh DanceFit			Piloxing	Steel Combat	Zumba	
Suntec Convention Level 3 / Nicoll 3			South Beach Fountain Plaza, outside Lady M	South Beach Fountain Plaza, outside Lady M	Marina Square Level 1 Entrance, outside Kiztopia	
Hip Hop Fitness	Hip-hop Fitne music.	l ess is a form of exercise that blend	s dance moves with strengthening	exercises along to fast-tempo hip-	hop	
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		ba is a fun and energetic workout that combines Latin and international music with dance steps to create a workout 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 keep your bo	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 Fitnes	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	Yoga Stretch uses the concept of using yoga postures to fully stretch the body.				
Yoga Twist	Yoga Twist in	oga Twist includes yoga postures designed to revolve the spine along its vertical axis.				
Les Mills BODYPUMP™	BODYPUMPT	is a fast-paced, barbell-based tota	al body strength workout that will s	shape and tone all major muscle gr	oups.	
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!					





