

Sunrise In The City - July 2017

Day	Workout	Centre	Location	Time
Mondays	Sunrise Yoga	Platinum Yoga	Suntec City	7.15am - 8.15am
	Hot Hula	True Fitness	Suntec City	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Tampines Grande	7.30am - 8.30am
	Yoga Stretch	Real Yoga	600 @Toa Payoh	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Safra Jurong	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Parkway Parade	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Centrepont	7.30am - 8.30am
	Yoga Stretch	One Wellness Fitness Club	Bugis Village	7.30am - 8.30am
	Yoga	Big Fitness	Income @ Prinsep	12.30pm - 1.30pm
	Piloxing	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm
	Open Gym	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm
Tuesdays	Hot Yoga	Platinum Yoga	Suntec City	7.15am - 8.15am
	Yogalates	One Wellness	Bugis Village	7.30am - 8.30am
	Bodybalance	True Fitness	Chevron House	7.30am - 8.30am
	Bodycombat	True Fitness	Harbourfront	7.30am - 8.30am
	Circuit Training	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Sunrise Yoga	Platinum Yoga	Westgate	7.30am - 8.30am
	Hardcore	Fitness First	The Cathay	8.05am - 8.35am
	Hardcore	Fitness First	Metropolis	8.05am - 8.35am
	Hardcore	Fitness First	The Cathay	8.40am - 9.10am
	Hardcore	Fitness First	Metropolis	8.40am - 9.10am
	Zumba	Big Fitness	Income @ Prinsep	12pm - 1pm
Wednesdays	Kickboxing	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Yoga Stretch	True Fitness	Pacific Plaza	7.30am - 8.30am
	Pilates	True Fitness	Harbourfront	7.30am - 8.30am
	Bodycombat	True Fitness	NTUC Income Tampines Junction	7.30am - 8.30am
	Zumba	TMP Fitness	Revenue House	7.30am - 8.30am
	Sun Salutation	Real Yoga	Tampines Grande	7.30am - 8.30am
	Sun Salutation	Real Yoga	Toa Payoh	7.30am - 8.30am
	Sun Salutation	Real Yoga	Safra Jurong	7.30am - 8.30am
	Sun Salutation	Real Yoga	Parkway Parade	7.30am - 8.30am
	Sun Salutation	Real Yoga	Centrepont	7.30am - 8.30am
	Pilates	One Wellness	Bugis Village	7.30am - 8.30am
	KpopX	Big Fitness	Income @ Prinsep	12.30pm - 1.30pm
Thursdays	Hatha Vinyasa	True Fitness	Suntec City	7.15am - 8.15am
	SH'BAM	True Fitness	Chevron House	7.30am - 8.30am
	Morning Flow	True Fitness	Westgate	7.30am - 8.30am
	Functional Training	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	KpopX Fitness	TMP Fitness	Revenue House	7.30am - 8.30am
	Hatha Basic	One Wellness	Bugis Village	7.30am - 8.30am
	Hot Flow Yoga	Fitness First	Fusionopolis	8.05am - 8.50am
	Core Flow Yoga	Fitness First	MBC (Mapletree)	8.10am - 8.55am
	HIIT	Big Fitness	Income @ Prinsep	12.30pm - 1.15pm
Fridays	Hatha Yoga	Platinum Yoga	Suntec City	7.15am - 8.15am
	Hot Yoga	True Fitness	Pacific Plaza	7.30am - 8.30am
	Bodycombat	True Fitness	Suntec City	7.30am - 8.30am
	Zumba	True Fitness	Great World City	7.30am - 8.30am
	KpopX Fitness	True Fitness	AMK Djitsun	7.30am - 8.30am
	K-kardio	True Fitness	Chevron	7.30am - 8.30am
	Yoga	TMP Fitness	Revenue House	7.30am - 8.30am
	Kkardio	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Hot Flow Yoga	Fitness First	Market Street	8.05am - 8.50am
	Open Gym	Fitness First	Market Street	8.05am - 8.50am
	Gentle Flow Yoga	Fitness First	Changi	8.05am - 8.50am
	Open Gym	Fitness First	Changi	8.05am - 8.50am
	Kickboxing	Big Fitness	Income @ Prinsep	12pm - 1pm
	Restorative Yoga	Platinum Yoga	Westgate	12.50pm - 1.50pm
Saturdays	Hot Yoga	True Fitness	Pacific Plaza	9am - 10am
	Hot Yoga	True Fitness	Great World City	9am - 10am
	KpopX Fitness	True Fitness	NTUC Income Tampines Junction	9am - 10am
	Toa Payoh	Real Yoga	Yoga Twist	10am - 11am
	Tatva Yoga	One Wellness	Bugis Village	10am - 11am
	Piloxing	Big Fitness	Income @ Prinsep	10.30am - 11.30am
	Hatha Yoga	Platinum Yoga	Suntec City	11.15am - 12.15pm
	Hot Flow	Real Yoga	Safra Jurong	12.30pm - 1.30pm
	Hot Flow	Real Yoga	Centrepont	12.30pm - 1.30pm
Sundays	KpopX Fitness	True Fitness	AMK Djitsun	9am - 10am
	Piloxing	True Fitness	Great World City	9am - 10am
	Gentle Yoga	True Fitness	NTUC Income Tampines Junction	9am - 10am
	Yoga for Beginners	One Wellness	Bugis Village	10am - 11am
	Detox Flow Yoga	Platinum Yoga	Suntec City	11am - 12pm
	Zumba	Big Fitness	Income @ Prinsep	11.30am - 12.30pm