

IMPORTANT NOTICE for QuickHIIT MAR 2020

- 1) Download the Healthy 365 mobile app to check session availability and book your session
- 2) Sessions are subject to change; kindly refer H365 for the updated sessions
- 3) For enquiries regarding: Anchorvale CC | Choa Chu Kang Park | Choa Chu Kang Stadium | East Coast Park | IMM | Jcube | Jurong West | Our Tampines Hub | Pasir Ris Sports Centre | Singapore Sports Hub | Tiong Bahru Park | Serangoon CC | Serangoon Stadium | Velocity | please email info@alphafitness.com.sg or call 9643-3555
- 4) For enquiries regarding: Bedok Stadium | Bukit Gombak Stadium | Clementi Stadium | Punggol Town Square | Toa Payoh Stadium | Woodlands Stadium | Yio Chu Kang Stadium | please email hpb.hiit@ases.edu.sg or call 6564-5171

Area	Activity	Venue	Venue Details	Day of Month	Start Time	End Time
North-East	QuickHIIT for MEN	Anchorvale CC	Rooftop Terrace Level 4	Every Tuesday	7.45pm	9pm
East	QuickHIIT	Bedok Stadium	D-Ring	Every Sunday	5pm	6pm
West	QuickHIIT	Bukit Gombak Sport Centre	D-Ring	Every Monday	7pm	8pm
West	QuickHIIT	Bukit Gombak Stadium	D-Ring	Every Wednesday	7pm	8pm
West	QuickHIIT	Choa Chu Kang Park	3GFitness corner	Every Sunday	8.30am	9.30am
West	QuickHIIT for MEN	Choa Chu Kang Stadium	Tennis Court Level 2 (Via Multipurpose Hall)	Every Sunday	8.30am	9.30am
West	QuickHIIT	Clementi Stadium	D-Ring	Every Thursday	7.30pm	8.30pm
East	QuickHIIT	East Coast Park	Near Starbucks, Carpark C1	Every Thursday	7pm	8pm
West	QuickHIIT	IMM	Garden Plaza Level 3	Every Wednesday	7pm	8pm
West	QuickHIIT for MEN	Jcube	Jstage Level 5	Every Thursday	7.30pm	8.30pm
West	QuickHIIT for MEN	Jurong East Stadium	Rear Foyer near Swimming Pool	Every Tuesday	7pm	8pm
West	QuickHIIT	Jurong Lake	Open Deck Level 2	Every Sunday	6pm	7pm
West	QuickHIIT	Jurong West SIP	Level 2 artificial turf open area	Every Friday	7.30pm	8.30pm
East	QuickHIIT	Our Tampines Hub	Arena	Every Tuesday	6.30pm	7.30pm

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East	QuickHIIT	Pasir Ris Sports Centre	Foyer	Every Friday	7.30pm	8.30pm
North-East	QuickHIIT	Punggol Town Square	Open Area	Every Wednesday	7pm	8pm
North-East	QuickHIIT	Serangoon CC	MPH Level 1	Every Tuesday	7pm	8pm
North-East	QuickHIIT for MEN	Serangoon CC	Rooftop Level 6	Every Thursday	7pm	8pm
North-East	QuickHIIT	Serangoon Stadium	D-Ring	Every Thursday	7pm	8pm
Central	QuickHIIT	Sports Hub	Level 3, Gate 18	Every Monday	7pm	8pm
Central	QuickHIIT	Tiong Bahru Park	Hardcourt near public toilet	Every Tuesday	7pm	8pm
Central	QuickHIIT for MEN	Toa Payoh Stadium	D-Ring	Every Thursday	7pm	8pm
Central	QuickHIIT	Velocity	Basketball Court @ Velocity	Every Thursday	7pm	8pm
North	QuickHIIT	Woodlands Stadium	D-Ring	Every Wednesday	7pm	8pm
North	QuickHIIT	Yio Chu Kang Stadium	D-Ring	Every Friday	7pm	8pm



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