

IMPORTANT NOTICE

- 1) Download the Healthy 365 mobile app to check session availability and book your session
- 2) Sessions are subjected to change, kindly refer to H365 for the updated sessions
- 3) For enquires, please contact
 - Academy of Sports and Exercise Science @ 65645171, hpb.hiit@ases.edu.sg
 - Alpha Fitness Pte Ltd @ 96433555, info@alphafitness.com.sg

Activity	Area	Venue	Day of month	Start Time	End Time
QuickHIIT	Central	Gardens by The Bay	Every Thursday	7:00pm	8:00pm
QuickHIIT	Central	Gardens by The Bay	Every Saturday	6:00pm	7:00pm
QuickHIIT	Central	Home of Athletics	Every Wednesday	7:30pm	8:30pm
QuickHIIT	Central	Home of Athletics	Every Friday (Except 2nd April)	7:30pm	8:30pm
QuickHIIT	Central	Singapore Sports Hub	Every Monday	7:00pm	8:00pm
QuickHIIT	Central	Singapore Sports Hub	Every Wednesday	7:00pm	8:00pm
QuickHIIT	Central	Tiong Bahru Park	Every Tuesday	7:00pm	8:00pm
QuickHIIT	Central	Toa Payoh Sport Centre	Every Monday	8:00am	8:30am
QuickHIIT	Central	Toa Payoh Sport Centre	Every Wednesday	7:00am	8:00am
QuickHIIT	Central	Toa Payoh Sport Centre	Every Thursday	7:30pm	8:30pm
QuickHIIT	Central	Toa Payoh Sport Centre	Every Friday (Except 2nd April)	7:00am	8:00am

Activity	Area	Venue	Day of month	Start Time	End Time
QuickHIIT	Central	Toa Payoh Town Park	Every Tuesday	7:30pm	8:30pm
QuickHIIT	East	Bedok Stadium	Every Sunday	5:30pm	6:30pm
QuickHIIT	East	Bedok Town Square	Every Tuesday	7:30pm	8:30pm
QuickHIIT	East	Downtown East	Every Tuesday	7:30pm	8:30pm
QuickHIIT	East	East Coast Park	Every Thursday	7:00pm	8:00pm
QuickHIIT	East	East Coast Park	Every Saturday	8:00am	9:00am
QuickHIIT	East	Katong swimming complex	Every Monday	7:30pm	8:30pm
QuickHIIT	East	Our Tampines Hub	Every Monday	7:15pm	8:15pm
QuickHIIT	East	Our Tampines Hub	Every Monday	8:15pm	9:15pm
QuickHIIT	East	Our Tampines Hub	Every Tuesday	8:15pm	8:15pm
QuickHIIT	East	Pasir Ris East CC	Every Monday	7:30pm	8:30pm
QuickHIIT	East	Pasir Ris Sports Centre	Every Friday (Except 2nd April)	7:30pm	8:30pm
QuickHIIT	East	Sun Plaza Park	Every Sunday	5:00pm	6:00pm
QuickHIIT	East	Tampines One	Every Wednesday	7:30pm	8:30pm

Activity	Area	Venue	Day of month	Start Time	End Time
QuickHIIT	North	Bishan Sport Centre	Every Tuesday	7:30pm	8:30pm
QuickHIIT	North	Bishan Sport Centre	Every Wednesday	7:30pm	8:30pm
QuickHIIT	North	Bishan Sport Centre	Every Friday (Except 2nd April)	7:30pm	8:30pm
QuickHIIT	North	Bishan-Ang Mo Kio Park	Every Thursday	7:30pm	8:30pm
QuickHIIT	North	Jalan Pintau Playground	Every Monday	7:00pm	8:00pm
QuickHIIT	North	Junction 8	Every Wednesday	7:30pm	8:30pm
QuickHIIT	North	Junction 8	Every Saturday	9:00am	10:00am
QuickHIIT	North	Junction 8	Every Sunday	9:00am	10:00am
QuickHIIT	North	Junction 8	Every Monday	7:30pm	8:30pm
QuickHIIT	North	Kampung Admiralty Plaza	Every Thursday	7:30pm	8:30pm
QuickHIIT	North	Kampung Admiralty Plaza	Every Friday (Except 2nd April)	7:30pm	8:30pm
QuickHIIT	North	Kampung Admiralty Plaza	Every Saturday	6:00pm	7:00pm
QuickHIIT	North	Kampung Admiralty Plaza	Every Sunday	6:00pm	7:00pm
QuickHIIT	North	Sembawang Park	Every Friday (Except 2nd April)	6:30pm	7:30pm

Activity	Area	Venue	Day of month	Start Time	End Time
QuickHIIT	North	Sun Plaza Hardcourt	Every Monday	7:30pm	8:30pm
QuickHIIT	North	Sun Plaza Hardcourt	Every Friday (Except 2nd April)	7:30pm	8:30pm
QuickHIIT	North	Woodlands Sport Centre	Every Wednesday	7:30pm	8:30pm
QuickHIIT	North	Yishun Neighbourhood Park	Every Monday	6:30pm	7:30pm
QuickHIIT	North	Yishun Park	Every Wednesday	6.30pm	7.30pm
QuickHIIT	North	Yishun Town Square	Every Thursday	10:00am	11:00am
QuickHIIT	North	Yishun Town Square	Every Saturday	9:00am	10:00am
QuickHIIT	North	Yishun Town Square	Every Sunday	10:00am	11:00am
QuickHIIT	North/East	Buangkok Square	Every Sunday	5:00pm	6:00pm
QuickHIIT	North/East	Oasis Terrace	Every Thursday	7:00pm	8:00pm
QuickHIIT	North/East	Punggol Park	Every Friday (Except 2nd April)	7:30pm	8:30pm
QuickHIIT	North/East	Punggol Town Square	Every Wednesday	7:00pm	8:00pm
QuickHIIT	North/East	Punggol Town Square	Every Wednesday	8:15pm	9:15pm
QuickHIIT	North/East	Punggol Town Square	Every Friday (Except 2nd April)	7:00pm	8:00pm

Activity	Area	Venue	Day of month	Start Time	End Time
QuickHIIT	North/East	Sengkang Sports Centre	Every Tuesday	6:00pm	7:00pm
QuickHIIT	North/East	Sengkang Sports Centre	Every Saturday	7:30am	8:30am
QuickHIIT	North/East	Serangoon Stadium	Every Monday	7:30pm	8:30pm
QuickHIIT	North/East	Serangoon Stadium	Every Tuesday	7:30pm	8:30pm
QuickHIIT	North/East	Serangoon Stadium	Every Thursday	7:30pm	8:30pm
QuickHIIT	North/East	Waterway Point	Every Tuesday	7:30pm	8:30pm
QuickHIIT	West	Bukit Batok Zone 7 RC	Every Tuesday	7:30pm	8:30pm
QuickHIIT	West	Bukit Batok Zone 7 RC	Every Friday (Except 2nd April)	7:30pm	8:30pm
QuickHIIT	West	Bukit Gombak Sport Centre	Every Monday	7:30pm	8:30pm
QuickHIIT	West	Bukit Gombak Sport Centre	Every Wednesday	7:30pm	8:30pm
QuickHIIT	West	Bukit Gombak Sport Centre	Every Friday (Except 2nd April)	7:30pm	8:30pm
QuickHIIT	West	Bukit Panjang Plaza	Every Saturday	5:00pm	6:00pm
QuickHIIT	West	Choa Chu Kang Park	Every Sunday	7:00am	8:00am
QuickHIIT	West	Choa Chu Kang Park	Every Sunday	8:00am	9:00am

Activity	Area	Venue	Day of month	Start Time	End Time
QuickHIIT	West	Choa Chu Kang Stadium	Every Sunday	7:30am	8:30am
QuickHIIT	West	Clementi Sport Centre	Every Thursday	7:30pm	8:30pm
QuickHIIT	West	IMM	Every Wednesday	7:30pm	8:30pm
QuickHIIT	West	Jcube	Every Thursday	7:30pm	8:30pm
QuickHIIT	West	Jurong Lake Gardens	Every Sunday	8:00am	9:00am
QuickHIIT	West	Jurong Lake Gardens (ActiveSG)	Every Tuesday	7:30pm	8:30pm
QuickHIIT	West	Jurong Lake Gardens (ActiveSG)	Every Saturday	5:30pm	6:30pm
QuickHIIT	West	Jurong West SIP	Every Friday	7:30pm	8:30pm
QuickHIIT	West	West Coast Park	Every Wednesday	7:30pm	8:30pm