

Mall Workout 2017 Schedule

Mall Workout

Updated as at 7/8/2017

Venue	Day	Time	Activity
OneKM Level 1 Main Atrium	First 2 Mondays of the mth	7pm to 8pm	Zumba (1st Mon) KpopX Fitness (2nd Mon)
United Square Shopping Mall Basement 1 Atrium	Last 2 Mondays of the mth	7pm to 8pm	KpopX Fitness
The Star Vista Basement 1 The Star Plaza	Every Monday	7.30pm to 8.30pm	Kickboxing
Nex nex Event Plaza, Basement 2 (near Food Republic)	1st & 3rd Monday of the mth	7pm to 8pm	Zumba
Sun Plaza Level 2 Atrium	1st & 3rd Monday of the mth	7pm to 8pm	Zumba (1st Mon) Piloxing (3rd Mon)
IMM Garden Plaza at Level 3	Every Tuesday	7pm to 8pm	KpopX Fitness
Lot One Shoppers' Mall Level 5 Roof Garden	Every Tuesday	7.30pm to 8.30pm	K-Kardio
AMK Hub Level 1 Main Entrance	Every Tuesday	7pm to 8pm	Piloxing
Jem Level 1 Jem Street (Outside McDonald's)	1st & 3rd Wednesday of the mth	6.30pm to 7.30pm	KpopX Fitness
Tampines Mall Open Plaza, Level 4	Every Wednesday (from 2 Aug 2017 onwards)	7pm to 8pm	Kickboxing (1st, 3rd and 5th Wed) K-Kardio (2nd and 4th Wed)
Paya Lebar Square Level 1 Open space next to taxi stand	2nd & 4th Wednesday of the mth	6.30pm to 7.30pm	Zumba
Great World City Level 1 Atrium	2nd & 4th Wednesday of the mth	7pm to 8pm	Zumba
West Mall Level 1 (Outdoor sidewalk area beside Jade Condominium)	1st & 3rd Thursday of the mth	6.30pm - 7.30pm	BollyAerobix
Tiong Bahru Plaza Level 4 Outdoor Space	1st & 3rd Thursday of the mth	7pm to 8pm	Piloxing
Tampines 1 Rooftop	2nd & 4th Thursday of the mth	7pm to 8pm	Piloxing
Raffles Holland V Sky Terrace (Roof) accessible via FL/EL1 Lift	2nd & 4th Thursday of the mth	6.30pm to 7.30pm	Zumba
City Square Mall Basement 1 Fountain Square	Every Thursday	6.30pm to 7.30pm	Zumba
JCube Level 5 J-Stage	Every Friday	7pm to 8pm	KpopX Fitness
Junction 8 Level 3 Roof Garden	Every Friday	7pm to 8pm	KpopX Fitness
Parkway Parade Level 1, Outdoor area next to Din Tai Fung	1st & 3rd Friday of the mth	6.30pm - 7.30pm	Kkardio
Hillion Mall MRT Plaza (near the MRT entrance)	2nd & 4th Friday of the mth	7pm to 8pm	Zumba
Eastpoint Mall At Level 1 Open Space (between Macdonald and KFC)	1st & 3rd Saturday of the mth	9.30am to 10.30am	Zumba (1st Sat) Piloxing (3rd Sat)
Hougang Mall Level 5 Rooftop Terrace	1st & 3rd Saturday of the mth	6pm to 7pm	Zumba
Waterway Point The Plaza @ B1	1st & 3rd Saturday of the mth	9am to 10am	Piloxing (1st Sat) KpopX Fitness (3rd Sat)
White Sands Level 1, Open space outside KFC	2nd & 4th Saturday of the mth	9.30am to 10.30am	Zumba (2nd Sat) Piloxing (4th Sat)
Hougang 1 Outdoor Event Space	2nd & 4th Saturday of the mth	6pm to 7pm	KpopX Fitness
Bedok Point Level 4 Garden Terrace	1st & Last Saturday of the mth	6.30pm to 7.30pm	KpopX Fitness (1st Sat) Zumba (Last Sat)
Jurong Point Shopping Centre Sheltered space outside UOB	Every Sunday	9am to 10am	Zumba (1st, 3rd and 5th Sun) KpopX Fitness (2nd & 4th Sun)
Bukit Panjang Plaza Garden Plaza, Level 4	1st & 3rd Sunday of the mth	10am to 11am	Kickboxing
Changi City Point Level 3 Arena	2nd & 4th Sunday of the mth	6pm to 7pm	KpopX Fitness

* Exercise session locations are indicated as the above table unless stated in the respective months' calendar.

Mall Workout - Aug 2017

Updated as at 7/8/2017

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	2 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm)	3 West Mall ~ BollyAerobix (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Century Sq ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	4 Parkway Parade~ K-Kardio (6.30 - 7.30pm) JCube ~ KpopX (7 - 8pm) J8 ~ KpopX (7 - 8pm)	5 Waterway Pt ~ Piloxing (9- 10am) East Point ~ Zumba (9.30- 10.30am) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30- 7.30pm)
6 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	7 Sun Plaza ~ Zumba (7 - 8pm) Nex ~ Zumba (7 - 8pm) OneKM ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	8 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	9 National Day Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7-8pm) - CANCELLED Tampines Mall ~ K-Kardio (7 - 8pm)	10 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm)	11 JCube ~ KpopX (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm)	12 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm)
13 Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	14 OneKM ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	15 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	16 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm)	17 West Mall ~ BollyAerobix (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	18 Parkway Parade~ K-Kardio (6.30 - 7.30pm) JCube ~ KpopX (7 - 8pm) J8 ~ KpopX (7 - 8pm)	19 Waterway Pt ~ KpopX (9- 10am) East Point ~ Piloxing (9.30- 10.30am) Hougang Mall ~ Zumba (6 - 7pm)
20 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	21 Sun Plaza ~ Piloxing (7 - 8pm) Nex ~ Zumba (7 - 8pm) United Sq ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	22 AMK Hub ~ Piloxing (7 - 8pm) IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	23 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-Kardio (7 - 8pm)	24 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm)	25 JCube ~ KpopX (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm)	26 White Sands ~ Piloxing (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30- 7.30pm)
27 Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	28 United Sq ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	29 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	30 Tampines Mall ~ Kickboxing (7 - 8pm)	31 City Sq~ Zumba * (6.30 - 7.30pm)		

Notes:

AMK Hub - the exercise venue on 1, 8, 15 and 29 Aug will be located at the sheltered walkway beside main entrance

City Square - the exercise venue on 31 Aug will be located at City Green, level 1

Mall Workout - Sep 2017

Updated as at 18/7/2017

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hari Raya Haji Parkway Parade~ K-Kardio (6.30 - 7.30pm) JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	2 Waterway Pt ~ Piloxing (9-10am) CANCELLED East Point ~ Zumba (9.30- 10.30am) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30- 7.30pm)
3 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	4 Sun Plaza ~ Zumba (7 - 8pm) OneKM ~ Zumba (7 - 8pm) Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	5 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	6 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm)	7 West Mall ~ BollyAerobix (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	8 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm)	9 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm)
10 Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	11 OneKM ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	12 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	13 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-Kardio (7 - 8pm)	14 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm)	15 Parkway Parade~ K-Kardio (6.30 - 7.30pm) JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	16 Waterway Pt ~ KpopX (9- 10am) East Point ~ Piloxing (9.30- 10.30am) Hougang Mall ~ Zumba (6 - 7pm)
17 Jurong Pt~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	18 Sun Plaza ~ Piloxing (7 - 8pm) Nex ~ Zumba (7 - 8pm) United Sq ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	19 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	20 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm)	21 West Mall ~ BollyAerobix (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	22 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm)	23 White Sands ~ Piloxing (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm)
24 Jurong Pt~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	25 United Sq ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	26 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	27 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-Kardio (7 - 8pm)	28 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm)	29 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	30 Bedok Pt ~ Zumba (6.30- 7.30pm)

Notes:

AMK Hub - the exercise venue on 5, 12, 19 and 26 Sep will be located at the sheltered walkway beside main entrance

Mall Workout - Oct 2017

Updated as at 17/7/2017

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Jurong Pt~ Zumba (9- 10am)	Sun Plaza ~ Zumba (7 - 8pm)	AMK Hub ~ Piloxing (7 - 8pm)*	Jem ~ KpopX (6.30 - 7.30pm)	West Mall ~ BollyAerobix (6.30 - 7.30pm)	Parkway Parade~ K-Kardio (6.30 - 7.30pm)	Waterway Pt ~ Piloxing (9- 10am)
Bt Panjang Plaza ~ Kickboxing (10- 11am)	OneKM ~ Zumba (7 - 8pm)	IMM ~ KpopX (7 - 8pm)	Tampines Mall ~ Kickboxing (7 - 8pm)	City Sq~ Zumba (6.30 - 7.30pm)	JCube ~ K-Kardio (7 - 8pm)	East Point ~ Zumba (9.30- 10.30am)
	Nex ~ Zumba (7 - 8pm)	Lot 1 ~ K-Kardio (7.30 - 8.30pm)		Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	J8 ~ KpopX (7 - 8pm)	Hougang Mall ~ Zumba (6 - 7pm)
	Star Vista ~ Kickboxing (7.30 - 8.30pm)					Bedok Pt ~ KpopX (6.30- 7.30pm)
8	9	10	11	12	13	14
Jurong Pt~ KpopX (9- 10am)	OneKM ~ KpopX (7 - 8pm)	AMK Hub ~ Piloxing (7 - 8pm)*	Paya Lebar Sq ~ Zumba (6.30 - 7.30pm)	Raffles Holland V ~ Zumba (6.30 - 7.30pm)	JCube ~ K-Kardio (7 - 8pm)	White Sands ~ Zumba (9.30 - 10.30am)
Changi City Pt ~ KpopX (6 - 7pm)	Star Vista ~ Kickboxing (7.30 - 8.30pm)	IMM ~ KpopX (7 - 8pm)	Great World City ~ Zumba (7 - 8pm)	City Sq~ Zumba (6.30 - 7.30pm)	J8 ~ KpopX (7 - 8pm)	Hougang 1 ~ KpopX (6 - 7pm)
		Lot 1 ~ K-Kardio (7.30 - 8.30pm)	Tampines Mall ~ K-Kardio (7 - 8pm)	Tampines 1 ~ Piloxing (7 - 8pm)	Hillion Mall ~ Zumba (7 - 8pm)	
15	16	17	18 Deepavali	19	20	21
Jurong Pt~ Zumba (9- 10am)	Sun Plaza ~ Piloxing (7 - 8pm)	AMK Hub ~ Piloxing (7 - 8pm)*	Jem ~ KpopX (6.30 - 7.30pm)	West Mall ~ BollyAerobix (6.30 - 7.30pm)	Parkway Parade~ K-Kardio (6.30 - 7.30pm)	Waterway Pt ~ KpopX (9- 10am)
Bt Panjang Plaza ~ Kickboxing (10- 11am)	Nex ~ Zumba (7 - 8pm)	IMM ~ KpopX (7 - 8pm)	Tampines Mall ~ Kickboxing (7 - 8pm)	City Sq~ Zumba (6.30 - 7.30pm)	JCube ~ K-Kardio (7 - 8pm)	East Point ~ Piloxing (9.30- 10.30am)
	Star Vista ~ Kickboxing (7.30 - 8.30pm)	Lot 1 ~ K-Kardio (7.30 - 8.30pm)		Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	J8 ~ KpopX (7 - 8pm)	Hougang Mall ~ Zumba (6 - 7pm)
22	23	24	25	26	27	28
Jurong Pt~ KpopX (9- 10am)	United Sq ~ KpopX (7 - 8pm)	AMK Hub ~ Piloxing (7 - 8pm)*	Paya Lebar Sq ~ Zumba (6.30 - 7.30pm)	Raffles Holland V ~ Zumba (6.30 - 7.30pm)	JCube ~ K-Kardio (7 - 8pm)	White Sands ~ Piloxing (9.30 - 10.30am)
Changi City Pt ~ KpopX (6 - 7pm)	Star Vista ~ Kickboxing (7.30 - 8.30pm)	IMM ~ KpopX (7 - 8pm)	Great World City ~ Zumba (7-8pm) CANCELLED	City Sq~ Zumba (6.30 - 7.30pm)	J8 ~ KpopX (7 - 8pm)	Hougang 1 ~ KpopX (6 - 7pm)
		Lot 1 ~ K-Kardio (7.30 - 8.30pm)	Tampines Mall ~ K-Kardio (7 - 8pm)	Tampines 1 ~ Piloxing (7 - 8pm)	Hillion Mall ~ Zumba (7 - 8pm)	Bedok Pt ~ Zumba (6.30- 7.30pm)
29	30	31				
Jurong Pt~ Zumba (9- 10am)	United Sq ~ KpopX (7 - 8pm)	AMK Hub ~ Piloxing (7 - 8pm)*				
	Star Vista ~ Kickboxing (7.30 - 8.30pm)	IMM ~ KpopX (7 - 8pm)				
		Lot 1 ~ K-Kardio (7.30 - 8.30pm)				

Notes:

AMK Hub - the exercise venue on 3, 10, 17, 24 and 31 Oct will be located at the sheltered walkway beside main entrance

Mall Workout - Nov 2017

Updated as at 17/7/2017

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm)	2 West Mall ~ BollyAerobix (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	3 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	4 Waterway Pt ~ Piloxing (9- 10am) East Point ~ Zumba (9.30- 10.30am) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30- 7.30pm)
5 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	6 Sun Plaza ~ Zumba (7 - 8pm) OneKM ~ Zumba (7 - 8pm) Nex ~ Zumba (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	7 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	8 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-Kardio (7 - 8pm)	9 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm)	10 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm)	11 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm)
12 Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	13 OneKM ~ KpopX (7 - 8pm) Star Vista ~ Kickboxing (7.30 - 8.30pm)	14 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	15 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm)	16 West Mall ~ BollyAerobix (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	17 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	18 Waterway Pt ~ KpopX (9- 10am) East Point ~ Piloxing (9.30- 10.30am) Hougang Mall ~ Zumba (6 - 7pm)
19 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	20 Sun Plaza ~ Piloxing (7 - 8pm) Nex ~ Zumba (7 - 8pm) CANCELLED United Sq ~ KpopX (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)	21 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	22 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-Kardio (7 - 8pm)	23 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm)	24 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm)	25 White Sands ~ Piloxing (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm) Bedok Pt ~ Zumba (6.30- 7.30pm)
26 Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	27 United Sq ~ KpopX (7 - 8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)	28 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	29 Tampines Mall ~ Kickboxing (7 - 8pm)	30 City Sq ~ Zumba (6.30 - 7.30pm)		

Notes:

AMK Hub - the exercise venue on 7, 14, 21 and 28 Nov will be located at the sheltered walkway beside main entrance

Mall Workout - Dec 2017

Updated as at 17/7/2017

**Sessions are subject to changes. Please refer to our website www.hpb.gov.sg/health-promoting-malls for the updated schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Jurong Pt ~ Zumba (9- 10am)					1 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	2 Waterway Pt ~ Piloxing (9- 10am) East Point ~ Zumba (9.30- 10.30am) Hougang Mall ~ Zumba (6 - 7pm) Bedok Pt ~ KpopX (6.30- 7.30pm)
3 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	4 Sun Plaza ~ Zumba (7-8pm) CANCELLED OneKM ~ Zumba (7-8pm) CANCELLED Nex ~ Zumba (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)	5 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	6 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm)	7 West Mall ~ BollyAerobix (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	8 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm)	9 White Sands ~ Zumba (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm)
10 Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	11 OneKM ~ KpopX (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)	12 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	13 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7-8pm) CANCELLED Tampines Mall ~ K-Kardio (7 - 8pm)	14 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm)	15 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	16 Waterway Pt ~ KpopX (9- 10am) East Point ~ Piloxing (9.30- 10.30am) Hougang Mall ~ Zumba (6 - 7pm)
17 Jurong Pt ~ Zumba (9- 10am) Bt Panjang Plaza ~ Kickboxing (10- 11am)	18 Sun Plaza ~ Zumba (7-8pm) CANCELLED Nex ~ Zumba (7-8pm) CANCELLED United Sq ~ KpopX (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm)	19 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	20 Jem ~ KpopX (6.30 - 7.30pm) Tampines Mall ~ Kickboxing (7 - 8pm)	21 West Mall ~ BollyAerobix (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	22 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hillion Mall ~ Zumba (7 - 8pm)	23 White Sands ~ Piloxing (9.30 - 10.30am) Hougang 1 ~ KpopX (6 - 7pm)
24 Jurong Pt ~ KpopX (9- 10am) Changi City Pt ~ KpopX (6 - 7pm)	25 Christmas United Sq ~ KpopX (7-8pm) CANCELLED Star Vista ~ Kickboxing (7.30 - 8.30pm) CANCELLED	26 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ K-Kardio (7.30 - 8.30pm)	27 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-Kardio (7 - 8pm)	28 Raffles Holland V ~ Zumba (6.30 - 7.30pm) City Sq ~ Zumba (6.30 - 7.30pm) Tampines 1 ~ Piloxing (7 - 8pm)	29 JCube ~ K-Kardio (7 - 8pm) J8 ~ KpopX (7 - 8pm)	30 Bedok Pt ~ Zumba (6.30- 7.30pm)

Notes:

AMK Hub - the exercise venue on 5, 12, 19 and 26 Dec will be located at the sheltered walkway beside main entrance