

IMPORTANT NOTICE for SATP 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 to H365 for the updated sessions
- 3) For more enquiries, please email fitness@minmed.sg or call 8720 0123

CANCELLATION NOTIFICATION

- 1) The workout sessions at Family Hub and Sengkang Sculpture Park will be cancelled on 22 Mar
The workout session at Esplanade Park will be cancelled on 29 Mar
- 2) The workout sessions at Punggol Town Square, East Coast Park, Jalan Bahar Mini Park and Oasis Terrace have been cancelled

Area	Activity	Venue	Venue Details	Day of Month	Start Time	End Time
West	#32Beats Dance Fitness	Clementi Woods Park	Hardcourt along West Coast Road	Every Sunday	5pm	6pm
West	(Senior Centric) Qigong	Clementi Neighbourhood Park	Along Clementi Road, Hardcourt near Blk 118 Clementi Street 13	Every Sunday	8.00am	9.00am
Central	(Senior Centric) TaiChi	Our Park @ 618 Ang Mo Kio	Hardcourt beside playground, between Blk 611 and Blk 617, Ang Mo Kio Ave 4	Every Sunday	7.30am	8.30am
North	Aerobics	Circle Green Park	Link house beside Blk 732 Woodlands Circle	Every Sunday	8.30am	9.30am
Central	Aerobics	Saint George's Lane Blk 5	Hardcourt	Every Sunday	5pm	6pm
East	Bokwa	Pasir Ris Park	Open space near Carpark D along Pasir Ris Road	Every Sunday	8.30am	9.30am
East	Bolly Dazz	Hwi Yoh Green Park	Beside Blk 123 Serangoon North Avenue 1	Every Sunday	5pm	6pm
East	Bolly Dazz	Kaki Bukit Neighbourhood Park	Hardcourt opposite Kaki Bukit CC, along Bedok North Street 3	Every Sunday	8.30am	9.30am
East	Cardiodance	Hougang Blk 19 Park	Hardcourt beside Blk 19 Hougang Ave 3	Every Sunday	8am	9am
West	Cardiodance	Stagmont Park	Basketball Court at Choa Chu Kang Street 54, opposite Kranji Primary School	Every Sunday	8.30am	9.30am
East	Cardiodance	Tai Keng Gardens Playground Park	Sheltered hardcourt, flanked by Jalan Lokam (Road), Tai Keng Lane and Tai Keng Garden (Road)	Every Sunday	5pm	6pm
Central	Cardiodance	Tiong Bahru Park	Area in front of playground & hardcourt near toilet, Tiong Bahru Rd, Singapore 168731	Every Sunday	5pm	6pm

SUNDAYS @ THE PARK

MARCH 2020

Central	Fight Do	Aljunied Park	Junction of Macpherson & Aljunied Rd. Hardcourt beside Fitness Corner	Every Sunday	8.30am	9.30am
East	Fight Do	Bedok Reservoir Park	Hardcourt next to bistro along 740 Bedok Reservoir Road Singapore 479244	Every Sunday	5pm	6pm
Central	Fight Do	Bishan Ang Mo Kio Park	Along Bishan Road and Ang Mo Kio Avenue 1. Hardcourt near Carpark A	Every Sunday	5pm	6pm
East	Fight Do	Sun Plaza Park (Tampines)	Amphitheatre at Tampines Ave 7	Every Sunday	8.30am	9.30am
West	K Kardio	Bukit Panjang N2 Park	Hardcourt facing Blk 203 Petir Road	Every Sunday	5pm	6pm
North	K Kardio	Sembawang Park	Area near toilet, close to Carpark A, end of Sembawang park	Every Sunday	8.30am	9.30am
Central	Kickboxing	Esplanade Park	Along Connaught Drive. Beside Playground	Every Sunday (Except 29 Mar)	8.30am	9.30am
North	Kickboxing	Nee Soon East Park	Basketball Court beside Blk 406 Yishun Ave 6	Every Sunday	8.30am	9.30am
North	Kickboxing	Woodlands Crescent Park	Hardcourt beside basketball court, beside Admiralty Secondary School	Every Sunday	8.30am	9.30am
East	KpopX® Fitness	Bedok North Street 2 Blk 138	Amphitheatre	Every Sunday	8.30am	9.30am
East	KpopX® Fitness	Buangkok Green Park	Basketball Court behind Blk 987A Buangkok Green	Every Sunday	8.30am	9.30am
Central	KpopX® Fitness	Bukit Purmei Hillock Park	Junction of Bukit Purmei Ave and Lower Delta Road. Amphitheatre	Every Sunday	8am	9am
East	KpopX® Fitness	Compassvale Ancilla Park	MPH beside Blk 282A Sengkang East Ave	Every Sunday	5pm	6pm
West	KpopX® Fitness	Family Hub @ Blk 350	Bukit Batok Street 34. Hardcourt at Blk 350	Every Sunday (Except 22 Mar)	8.30am	9.30am
East	KpopX® Fitness	Greenville Garden	Beside Blk 319A Ubi Ave 1 Hardcourt	Every Sunday	5pm	6pm
West	KpopX® Fitness	Jurong West Park	Amphitheatre beside Blk 826 Jurong West St 81	Every Sunday	8.30am	9.30am
West	KpopX® Fitness	Jurong West Park	MPH next to Blk 826 Jurong West St 81	Every Sunday	8.30am	9.30am

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North	KpopX® Fitness	Mandai Tekong Park	Hardcourt beside Blk 896A Woodlands Drive 50	Every Sunday	5pm	6pm
East	KpopX® Fitness	Punggol South Park	Hardcourt along Hougang Ave 2, near Blk 616 Hougang Ave 8	Every Sunday	5pm	6pm
East	KpopX® Fitness	Sengkang Riverside Park	Sheltered area near café, Anchorvale Street abutting Sungei Punggol	Every Sunday	8.30am	9.30am
East	KpopX® Fitness	Serangoon Sunshine Park	Sheltered Hardcourt opposite Blk 408 Serangoon Ave 1	Every Sunday	5pm	6pm
East	KpopX® Fitness	Tampines Tree Park	Hardcourt beside Blk 323 along Tampines St 33	Every Sunday	5pm	6pm
East	KpopX® Fitness	Tanah Merah Playground Park	Along Tanah Merah Kechil Avenue	Every Sunday	5pm	6pm
Central	KpopX® Fitness	Toa Payoh Town Park	Sheltered Pavillion at 189 Lorong 6 Toa Payoh Singapore 319383	Every Sunday	8.30am	9.30am
North	KpopX® Fitness	Vista Park	Sheltered hardcourt at 579A Woodlands Drive	Every Sunday	5pm	6pm
Central	KpopX® Fitness	Whampoa Drive Blk 93	In front of Blk 93, Whampoa Drive. Hard Court	Every Sunday	5pm	6pm
East	Masala Bhangra	Chai Chee Road Blk 61	Hardcourt opposite Blk 61 Chai Chee Road	Every Sunday	5pm	6pm
East	Masala Bhangra	Simei Street 1 Blk 136	Sheltered Amphitheatre opposite Blk 136 Simei Street 1	Every Sunday	8.30am	9.30am
East	MegaDanz	Tampines Central Park	Along Tampines St 82, Central Stage	Every Sunday	5pm	6pm
East	PILOXING®	Bedok South Community Park	Hardcourt behind Blk 15 Bedok South Road	Every Sunday	8.30am	9.30am
West	PILOXING®	Blk 210 Choa Chu Kang Central	Hardcourt along Choa Chu Kang Drive, between Blk 201 and Blk 210 Choa Chu Kang Central	Every Sunday	8.30am	9.30am

East	PILOXING®	Hougang St 51 Blk 537A	Marquee	Every Sunday	9.30am	10.30am
East	PILOXING®	Jalan Pari Burong Playground Park	Amphitheatre at junction of Upper Changi Road and Jalan Pari Burong	Every Sunday	5pm	6PM
Central	PILOXING®	Joo Seng Road Park	Sheltered hardcourt at 15 Joo Seng Road	Every Sunday	5pm	6pm
West	PILOXING®	Jurong Lake Gardens	Between Wave Plaza and Forest Ramble, in front of Chinese Garden Gate	Every Sunday	5pm	6pm
East	PILOXING®	Surin Avenue Neighbourhood Park	Sheltered hardcourt bounded by Surin Ave and Aroozoo Ave	Every Sunday	9am	10am
Central	PILOXING®	Telok Blangah Hill Park	Multi-purpose Plaza beside Carpark 2, along Telok Blangah Green	Every Sunday	5pm	6pm
East	PILOXING®	Telok Kurau Park	Hardcourt beside Fitness Corner, entrance along Joo Chiat Place, Joo Chiat Walk, Joo Chiat Ave and Lorong J Telok Kurau	Every Sunday	5pm	6pm
West	PILOXING®	Tembusu Park	Hardcourt at Blk 275 Choa Chu Kang Ave 2	Every Sunday	5pm	6pm
Central	PILOXING®	Tiong Bahru Park	Area in front of playground & hardcourt near toilet, Tiong Bahru Rd, Singapore 168731	Every Sunday	8.30am	9.30am
West	PILOXING®	West Coast Green Playground Park	Hardcourt at West Coast Green, West Coast Garden Estate	Every Sunday	8.30am	9.30am
North	PILOXING®	Yishun Park	Amphitheatre at Yishun Central, Yishun Avenue 11	Every Sunday	5pm	6pm
North	Salsation	Lower Seletar Reservoir Park	Open space next to fishing jetty, bounded by Yishun Avenue 1 and Lentor Avenue	Every Sunday	5pm	6pm
Central	Salsation	Potong Pasir Park	Hardcourt opposite Blk 144 Potong Pasir Ave 2	Every Sunday	8.30am	9.30am
West	Salsation	West Coast Park	71 West Coast Highway, Singapore 126844, Intergenerational Fitness Area (near MacDonald's)	Every Sunday	8.30am	9.30am
North	Salsation	Woodlands Town Park East	Badminton court between Blk 103 and Blk 109, Woodlands St 13	Every Sunday	5pm	6pm
West	Steady Asia	Teban Gardens Neighbourhood Park	Stage in front of Blk 48 Teban Gardens Road	Every Sunday	5pm	6pm
Central	Zumba® Fitness	Ang Mo Kio Town Garden West	Hardcourt opposite Ang Mo Kio Town Library	Every Sunday	5pm	6pm
West	Zumba® Fitness	Bukit Batok Nature Park	Along Bukit Batok East Avenue 2 and Avenue 6. Open space at the Plaza area	Every Sunday	5pm	6pm

West	Zumba® Fitness	Bukit Panjang N5 Park	Hardcourt opposite Blk 502, Jelapang Road	Every Sunday	8.30am	9.30am
West	Zumba® Fitness	Blk 210 Choa Chu Kang Central	Hardcourt along Choa Chu Kang Drive, between Blk 201 and Blk 210 Choa Chu Kang Central	Every Sunday	5pm	6pm
Central	Zumba® Fitness	Delta Avenue Blk 5	Hardcourt beside Blk 5, Delta Avenue	Every Sunday	5pm	6pm
Central	Zumba® Fitness	Eunos Petal Garden	Hardcourt between Blk 606 & 616 Bedok Reservoir Road	Every Sunday	8.30am	9.30am
West	Zumba® Fitness	Firefly Park @ Clementi	Infront of Blk 304 Amphitheatre cum Basketball court	Every Sunday	8.30am	9.30am
Central	Zumba® Fitness	Green Oval Park @Pasir Ris Park	Beside Blk 706 Pasir Ris Dr 10 Amphitheatre	Every Sunday	5pm	6pm
East	Zumba® Fitness	Hougang Avenue 5 Park	Hardcourt in front of Blk 324 Hougang Ave 5	Every Sunday	8.30am	9.30am
Central	Zumba® Fitness	Jalan Pintau Playground Park	Hardcourt along Jalan Pintau	Every Sunday	5pm	6pm
East	Zumba® Fitness	Kampong Park @Serangoon	Badminton Court beside Blk 319 Serangoon Ave 2	Every Sunday	5pm	6pm
East	Zumba® Fitness	Punggol Park	Hardcourt near Bistro, Junction of Hougang Ave 8 and Hougang Ave 10	Every Sunday	5pm	6pm
East	Zumba® Fitness	Sengkang Neighbourhood Park	Hardcourt next to Blk 120D MPH, Rivervale Drive	Every Sunday	5pm	6pm
East	Zumba® Fitness	Sengkang Sculpture Park	Playground next to Compassvale Primary School, in front of Blk 259A Compassvale Road	Every Sunday (except 22 Mar)	8.30am	9.30am
East	Zumba® Fitness	Serangoon Community Park	Amphitheatre along Boundary Road, next to Blk 212	Every Sunday	5pm	6pm
West	Zumba® Fitness	Taman Jurong Greens	Basketball Court and Amphitheatre along Yung An Road and Corporation Drive	Every Sunday	8.30am	9.30am

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Central	Zumba® Fitness	Tavistock Avenue Park	Open space next to pavillion, junction of Ang Mo Kio Ave 3 and Tavistock Ave	Every Sunday	5pm	6pm
Central	Zumba® Fitness	Teck Ghee N4 Park	Beside Blk 459 Ang Mo Kio Ave 10. Basketball Court	Every Sunday	8.30am	9.30am
West	Zumba® Fitness	Toh Guan Park	Amphitheatre Beside 288C Jurong East Street 21	Every Sunday	5pm	6pm
North	Zumba® Fitness	Woodlands Waterfront Park	Hardcourt near fishing jetty/carpark, Admiralty West Road	Every Sunday	8.30am	9.30am
North	Zumba® Fitness	Yishun Neighbourhood Park	Hardcourt beside Fitness Corner, junction of Yishun Ave 7 and Yishun Ave 2	Every Sunday	8.30am	9.30am
West	Zumba® Fitness	Zhenghua Park	Flat grass patch bounded by running track, opposite Zhenghua CC, new extension of Zhenghua Park; bounded by Bukit Timah Expressway and Bukit Panjang Ring Road	Every Sunday	8.30am	9.30am
Central	Zumba® GOLD	Alexandra Hill East Neighbourhood Park	Basketball Court near ABC Brickworks Food Centre	Every Sunday	8.30am	9.30am



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