

Mall Workout 2017 Schedule

Mall Workout

Updated as at 28/6/2017

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	Kkardio
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 (Start on 5 Apr 2017)	6.30pm to 7.30pm	KpopX Fitness
Tampines Mall Open Plaza, Level 4	1st & 3rd Wednesday of the mth	7pm to 8pm	Kickboxing
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 *NEW* Level 1 Atrium	2nd & 4th Wednesday of the mth (Start on 24 May 2017)	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
Century Square Outdoor Space (Level 1, facing Tampines Avenue 4)	1st & 3rd Thursday of the mth	7pm to 8pm	Zumba
Tiong Bahru Plaza *NEW* Level 4 Outdoor Space	1st & 3rd Thursday of the mth (Start on 4 May 2017)	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 (Start on 7 Apr 2017)	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 *NEW* The Plaza @ B1	1st & 3rd Saturday of the mth (Start on 6 May 2017)	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 Korean Precinct, JP2, Basement 1 (Outside Seoul Garden)	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 - Jul 2017

Updated as at 4/7/2017

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

Notes:

AMK Hub - the exercise venue on 18 and 25 Jul will be located at the sheltered walkway beside main entrance

Mall Workout - Aug 2017

Updated as at 4/7/2017

**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 AMK Hub ~ Piloxing (7 - 8pm)* IMM ~ KpopX (7 - 8pm) Lot 1 ~ Kkardio (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~ Kkardio (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 ~ Kkardio (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-khardio (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 ~ Kkardio (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) Century Sq ~ Zumba (7 - 8pm) Tiong Bahru Plaza ~ Piloxing (7 - 8pm)	18 Parkway Parade~ Kkardio (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 ~ Kkardio (7.30 - 8.30pm)	23 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-khardio (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 ~ Kkardio (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

Mall Workout - Sep 2017

Updated as at 4/7/2017

**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 ~ Kkardio (6.30 - 7.30pm) JCube ~ KpopX (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) 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 ~ Kkardio (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 ~ KpopX (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 ~ Kkardio (7.30 - 8.30pm)	13 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-khardio (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 ~ Kkardio (6.30 - 7.30pm) JCube ~ KpopX (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 ~ Kkardio (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 ~ KpopX (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 ~ Kkardio (7.30 - 8.30pm)	27 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-khardio (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 ~ KpopX (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 4/7/2017

**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~ Kkardio (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 ~ KpopX (7 - 8pm)	East Point ~ Zumba (9.30- 10.30am)
	Nex ~ Zumba (7 - 8pm)	Lot 1 ~ Kkardio (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 ~ KpopX (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 ~ Kkardio (7.30 - 8.30pm)	Tampines Mall ~ K-khardio (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~ Kkardio (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 ~ KpopX (7 - 8pm)	East Point ~ Piloxing (9.30- 10.30am)
	Star Vista ~ Kickboxing (7.30 - 8.30pm)	Lot 1 ~ Kkardio (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 ~ KpopX (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 ~ Kkardio (7.30 - 8.30pm)	Tampines Mall ~ K-khardio (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 ~ Kkardio (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 4/7/2017

**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 ~ KpopX (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 ~ Kkardio (7.30 - 8.30pm)	8 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-khardio (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 ~ KpopX (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 ~ Kkardio (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 ~ KpopX (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 ~ Kkardio (7.30 - 8.30pm)	22 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-khardio (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 ~ KpopX (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 ~ Kkardio (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 4/7/2017

**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 ~ KpopX (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 ~ Kkardio (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 ~ KpopX (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 ~ Kkardio (7.30 - 8.30pm)	13 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7-8pm) CANCELLED Tampines Mall ~ K-khardio (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 ~ KpopX (7 - 8pm) J8 ~ KpopX (7 - 8pm) Hillion Mall ~ Zumba (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 ~ Kkardio (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 ~ KpopX (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 ~ Kkardio (7.30 - 8.30pm)	27 Paya Lebar Sq ~ Zumba (6.30 - 7.30pm) Great World City ~ Zumba (7 - 8pm) Tampines Mall ~ K-khardio (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 ~ KpopX (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