

## Sunrise-in-the-City (May) - Page 1

S/N	Gym	Locations	Day	Time	Type of workout	Miscellaneous <i>(List down items - towel, shower, 30min gym use etc)</i>
1	TMP Fitness	IRAS Recreation Club	Wed	7:30am - 8:30am	Zumba	towel & shower only
		IRAS Recreation Club	Thur	7:30am - 8:30am	KpopX Fitness	towel & shower only
		IRAS Recreation Club	Fri	7:30am - 8:30am	Kick Boxing	towel & shower only
2	Platinum Yoga	Suntec City Mall	Mon	7:15am - 8:15am	Sunrise Yoga	Towel, shower & use of gym
		Suntec City Mall	Tue	7:15am - 8:15am	Sunrise Yoga	Towel, shower & use of gym
		Parkway Centre	Wed	7:15am - 8:15am	Sunrise Yoga	Towel, shower & use of gym
		Suntec City Mall	Thu	7:15am - 8:15am	Hatha Vinyasa Yoga	Towel, shower & use of gym
		Suntec City Mall	Fri	7:15am - 8:15am	Hatha Yoga	Towel, shower & use of gym
		Westgate	Fri	12:50pm - 1:50pm	Restorative Yoga	Towel, shower & use of gym
		Suntec City Mall	Sat	11:15am - 12:15pm	Hatha Yoga	Towel, shower & use of gym
		Suntec City Mall	Sun	11:00am - 12:00pm	Detox Flow	Towel, shower & use of gym
3	Fitness First	Parkway Centre	Sun	12:15pm - 1:15pm	Hatha Yoga	Towel, shower & use of gym
		Bugis Junction	Mon	8.15am - 9am	Gentle Flow Yoga	Towel, shower & use of gym
		The Cathay	Tue	8.05am - 8.35am	Hardcore	Towel, shower & use of gym
		The Cathay	Tue	8.40am - 9.10am	Hardcore	Towel, shower & use of gym
		100AM	Thu	8.10am - 8.55am	RPM + Open Gym	Towel, shower & use of gym
		100AM	Thur	8.10am - 8.55am	Open Gym	Towel, shower & use of gym
		Mapletree	Thu	8.10am - 8.55am	Core Flow Yoga	Towel, shower & use of gym
		Fusionopolis	Thu	8.05am - 8.50am	Hot Flow Yoga	Towel, shower & use of gym
4	One Wellness	Market Street	Fri	8.05am - 8.50am	Hot Flow Yoga	Towel, shower & use of gym
		Bugis Village	Mon	7:30am - 8:30am	Yoga Stretch	Towel, shower & use of facilities
		Bugis Village	Mon	1:00pm - 2:00pm	Yoga for Beginners	Towel, shower & use of facilities
		Bugis Village	Tue	7:15am - 8:15am	Backcare Therapy	Towel, shower & use of facilities
		Bugis Village	Tue	7:30am - 8:30am	Yoga Flow	Towel, shower & use of facilities
		Bugis Village	Tue	1:00pm - 2:00pm	Vinyasa	Towel, shower & use of facilities
		Bugis Village	Wed	7:15am - 8:15am	Hatha Yoga	Towel, shower & use of facilities
		Bugis Village	Wed	7:30am - 8:30am	Yoga for Weight Loss	Towel, shower & use of facilities
		Bugis Village	Wed	7:30am - 8:30am	Yoga Flow	Towel, shower & use of facilities
		Bugis Village	Wed	1:00pm - 2:00pm	Yoga Flow	Towel, shower & use of facilities
		Bugis Village	Thu	7:15am - 8:15am	Yoga Basic	Towel, shower & use of facilities
		Bugis Village	Thu	7:30am - 8:30am	Hatha Basic	Towel, shower & use of facilities
		Bugis Village	Thu	1:00pm - 2:00pm	Sivanada	Towel, shower & use of facilities
		Bugis Village	Fri	7:15am - 8:15am	Yoga Therapy	Towel, shower & use of facilities
		Bugis Village	Fri	7:30am - 8:30am	Easy Stretch	Towel, shower & use of facilities
		Bugis Village	Fri	1:00pm - 2:00pm	Yoga for Weight Loss	Towel, shower & use of facilities
		Bugis Village	Fri	1:00pm - 2:00pm	Hatha Yoga	Towel, shower & use of facilities
		Bugis Village	Sat	9:00am - 10:00am	Gentle Yoga	Towel, shower & use of facilities
		Bugis Village	Sat	10:00am - 11:00am	Tatva Yoga	Towel, shower & use of facilities
		Bugis Village	Sat	1:00pm - 2:00pm	Flexibility Series	Towel, shower & use of facilities
Bugis Village	Sun	9:00am - 10:00am	Yoga Stretch	Towel, shower & use of facilities		
Bugis Village	Sun	10:00am - 11:00am	Yoga for Beginners	Towel, shower & use of facilities		
Bugis Village	Sun	1:00pm - 2:00pm	Yoga Flow	Towel, shower & use of facilities		
5	Radiance Physiofit	AXA Building	Mon	12:30pm - 1:30pm	Piloxing	Towel, shower & use of gym
		AXA Building	Mon	12:00pm - 1:00pm	Functional Training	Towel, shower & use of gym
		AXA Building	Tue	7:30am - 8:30am	Circuit Training	Towel, shower & use of gym
		AXA Building	Tue	12:15pm - 1:15pm	Beginner's Yoga	Towel, shower & use of gym
		AXA Building	Wed	7:30am - 8:30am	Kick Boxing	Towel, shower & use of gym
		AXA Building	Wed	1:00pm - 2:00pm	Circuit Blast	Towel, shower & use of gym
		AXA Building	Thur	7:30am - 8:30am	Functional Training	Towel, shower & use of gym
		AXA Building	Thur	12:30pm - 1:30pm	Zumba	Towel, shower & use of gym
		AXA Building	Fri	7:00am - 8:00am	Functional Training	Towel, shower & use of gym
AXA Building	Fri	12:00pm - 1:00pm	K-Kardio Dance	Towel, shower & use of gym		
6	True Fitness	Suntec City	Mon	7:30am - 8:30am	Hot Hula	Towel, shower & use of facilities
		Harbour Front Centre	Mon	7:30am - 8:30am	Zumba	Towel, shower & use of facilities
		Chevron House	Tue	7:30am - 8:30am	Pilates	Towel, shower & use of facilities
		Harbour Front Centre	Tue	7:30am - 8:30am	BodyCombat	Towel, shower & use of facilities
		Harbour Front Centre	Tue	8:30am - 9:30am	Hot Yoga	Towel, shower & use of facilities
		Pacific Plaza	Wed	7:30am - 8:30am	Yoga Stretch	Towel, shower & use of facilities
		Harbour Front Centre	Wed	7:30am - 8:30am	Pilates	Towel, shower & use of facilities
		Chevron House	Thur	7:30am - 8:30am	Sh'Bam	Towel, shower & use of facilities
		Pacific Plaza	Fri	7:30am - 8:30am	Hot Yoga	Towel, shower & use of facilities
		Suntec City	Fri	7:30am - 8:30am	BodyCombat	Towel, shower & use of facilities
		AMK	Fri	7:30am - 8:30am	KpopX Fitness	Towel, shower & use of facilities
		Chevron House	Fri	7:30am - 8:30am	K-Kardio	Towel, shower & use of facilities
		Pacific Plaza	Sat	9:00am - 10:00am	Hot Yoga	Towel, shower & use of facilities
		Harbour Front Centre	Sat	8:30am - 9:30am	Hot Yoga	Towel, shower & use of facilities
		Income @ Tampines	Sat	9:00am - 10:00am	KpopX Fitness	Towel, shower & use of facilities
		AMK	Sun	9:00am - 10:00am	KpopX Fitness	Towel, shower & use of facilities
Novena Square	Sun	9:00am - 10:00am	Piloxing	Towel, shower & use of facilities		
Income @ Tampines	Sun	9:00am - 10:00am	Gentle Yoga	Towel, shower & use of facilities		

## Sunrise-in-the-City (May) - Page 2

S/N	Gym	Locations	Day	Time	Type of workout	Miscellaneous <i>(List down items - towel, shower, 30min gym use etc)</i>
7	Fit Eleven	Big Box	Mon	7:30am - 8:30am	Zumba	towel & shower
		Big Box	Tue	12:30pm - 1:30pm	Fight Fit	towel & shower
		Big Box	Wed	7:30am - 8:30am	Vinyasa Yoga Basic	towel & shower
		Big Box	Thur	12:30pm - 1:30pm	Fight Fit	towel & shower
		Big Box	Fri	7:30am - 8:30am	Sunrise Yoga	towel & shower
		Big Box	Sat	12:30pm - 1:30pm	Fight Fit	towel & shower
8	Trium Fitness	Aperial Mall	Mon	7:00am - 8:00am	Hatha Yoga	towel & shower
		Aperial Mall	Mon	8:15am - 9:15am	Yoga Core	towel & shower
		Aperial Mall	Tue	7:00am - 8:00am	Vinyasa Yoga	towel & shower
		Aperial Mall	Tue	10:45am - 11:45am	Pop Pilates	towel & shower
		Aperial Mall	Wed	7:00am - 8:00am	Yoga Flow	towel & shower
		Aperial Mall	Wed	8:15am - 9:15am	KPOPX	towel & shower
		Aperial Mall	Fri	7:00am - 8:00am	HIIT	towel & shower
9	Fame.SG	Urban Mangrove	Tue	8:00am - 9:00am	Hatha Yoga	Shower only
		Urban Mangrove	Tue	11:00am - 12:00pm	Zumba	Shower only
		Urban Mangrove	Thur	8:00am - 9:00am	Yin Yoga	Shower only
		Urban Mangrove	Thur	11:00am - 12:00pm	Zumba	Shower only
10	Garage Circuit	Binjai Park	Tue	7:00am - 8:00am	HIIT - Garage Circuit	Shower only
		Binjai Park	Tue	8:00am - 9:00am	HIIT - Garage Circuit	Shower only
		Binjai Park	Thur	7:00am - 8:00am	HIIT - Garage Circuit	Shower only
		Binjai Park	Thur	8:00am - 9:00am	HIIT - Garage Circuit	Shower only
11	Real Yoga	Centrepoint	Mon	7:30am - 8:30am	Yoga Stretch	shower & locker facilities
		Centrepoint	Mon	12:30pm - 1:30pm	Yoga Stretch	shower & locker facilities
		Centrepoint	Wed	7:30am - 8:30am	Sun Salutation	shower & locker facilities
		Centrepoint	Thu	12:30pm - 1:30pm	Hatha Basic	shower & locker facilities
		Centrepoint	Fri	7:30am - 8:30am	Sun Salutation	shower & locker facilities
		Centrepoint	Fri	12:30pm - 1:30pm	Yoga Stretch	shower & locker facilities
		Centrepoint	Sat	8am - 9am	Hotflow	shower & locker facilities
		Tampines	Mon	7:30am - 8:30am	Yoga Stretch	shower & locker facilities
		Tampines	Wed	7:30am - 8:30am	Sun Salutation	shower & locker facilities
		Tampines	Fri	7:30am - 8:30am	Sun Salutation	shower & locker facilities
		Toa Payoh	Mon	7:30am - 8:30am	Yoga Stretch	shower & locker facilities
		Toa Payoh	Mon	12:30pm - 1:30pm	Yoga Therapy	shower & locker facilities
		Toa Payoh	Wed	7:30am - 8:30am	Sun Salutation	shower & locker facilities
		Toa Payoh	Fri	7:30am - 8:30am	Morning Stretch	shower & locker facilities
		Toa Payoh	Sat	8am - 9am	Yoga Twist	shower & locker facilities
		Jurong Gateway	Mon	7:30am - 8:30am	Yoga Stretch	shower & locker facilities
		Jurong Gateway	Wed	7:30am - 8:30am	Sun Salutation	shower & locker facilities
		Jurong Gateway	Fri	7:30am - 8:30am	Sun Salutation	shower & locker facilities
12	OrangeTheory Fitness	Jurong Gateway	Sat	8am - 9am	Hotflow	shower & locker facilities
		Gopeng Street	Wed	815am - 9am	HIIT	shower & locker facilities
		Gopeng Street	Thu	815am - 9am	HIIT	shower & locker facilities
13	JES Fabulous Fitness	Gopeng Street	Fri	815am - 9am	HIIT	shower & locker facilities
		Boat Quay	Mon	7:15am - 8:15am	Piloxing	Shower only
		Boat Quay	Tue	7:15am - 8:15am	Piloxing Knockout	Shower only
		Boat Quay	Wed	7:15am - 8:15am	Fit and Funky workout	Shower only
		Boat Quay	Wed	12:30pm - 1:30pm	Piloxing Knockout	Shower only
		Boat Quay	Thu	7:15am - 8:15am	Jumping Fitness	Shower only
14	Vyasa Yoga - Civil Service Club Tessoehn Road	Boat Quay	Thu	12:30pm - 1:30pm	Fit and Funky workout	Shower only
		Boat Quay	Fri	12:30pm - 1:30pm	Jumping Fitness	Shower only
		Tessoehn Road	Tue	7am - 8am	Keep Fit Yoga	Changing room
14	Vyasa Yoga - Civil Service Club Tessoehn Road	Tessoehn Road	Tue	12:30pm - 1:30pm	Keep Fit Yoga	Changing room
		Tessoehn Road	Thu	7am - 8am	Keep Fit Yoga	Changing room
15	Boom	Cecil Street	Fri	730am - 830am	BoomBox	Shower only

\*may subject to changes