

Sunrise In The City - March 2018

Day	Workout	Centre	Location	Time
Monday	Sunrise Yoga	Platinum Yoga	Suntec City Mall	7.15am - 8.15am
	Sun Salutation	One Wellness	Bugis Village	7.30am - 8.30am
	Yoga Stretch	One Wellness	Bugis Village	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Tampines Grande	7.30am - 8.30am
	Yoga Stretch	Real Yoga	600 @ Toa Payoh	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Jurong Gateway	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Centrepoint	7.30am - 8.30am
	Hot Hula	True Fitness	Suntec City Mall	7.30am - 8.30am
	Gentle Flow Yoga	Fitness First	Bugis Junction	8.15am - 9am
	Functional Training	Radiance PhysioFit	AXA Tower	12pm - 1pm
	Open Gym	Radiance PhysioFit	AXA Tower	12pm - 1pm
	Yoga Stretch	Real Yoga	Toa Payoh	12.30pm - 1.30pm
	Yoga	Big Fitness	Income @ Prinsep	12.30pm - 1.30pm
	Piloxing	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm
Open Gym	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm	
Yoga for Beginners	One Wellness	Bugis Village	1pm - 2pm	
Tuesday	Sunrise Yoga	Platinum Yoga	Suntec City Mall	7.15am - 8.15am
	Backcare Therapy	One Wellness	Bugis Village	7.30am - 8.30am
	Pilates	True Fitness	Chevron House	7.30am - 8.30am
	Bodycombat	True Fitness	Harbourfront Centre	7.30am - 8.30am
	Hot Yoga	True Fitness	Great World City	7.30am - 8.30am
	Yogalates	One Wellness	Bugis Village	7.30am - 8.30am
	Circuit Training	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Hardcore	Fitness First	The Cathay	8.05am - 8.35am
	Hardcore	Fitness First	The Cathay	8.40am - 9.10am
	Zumba	Big Fitness	Income @ Prinsep	12pm - 1pm
	Yoga	Radiance PhysioFit	AXA Tower	12.15pm - 1.15pm
	Open Gym	Radiance PhysioFit	AXA Tower	12.15pm - 1.15pm
	Vinyasa	One Wellness	Bugis Village	1pm - 2pm
Wednesday	Sunrise Yoga	Platinum Yoga	Parkway Centre	7.15am - 8.15am
	Hatha Yoga	One Wellness	Bugis Village	7.30am - 8.30am
	Sun Salutation	Real Yoga	Centrepoint	7.30am - 8.30am
	Sun Salutation	Real Yoga	Jurong Gateway	7.30am - 8.30am
	Sun Salutation	Real Yoga	Tampines Grande	7.30am - 8.30am
	Sun Salutation	Real Yoga	600 @ Toa Payoh	7.30am - 8.30am
	Yoga Stretch	True Yoga	Pacific Plaza	7.30am - 8.30am
	Pilates	True Fitness	Harbourfront Centre	7.30am - 8.30am
	Pilates	One Wellness	Bugis Village	7.30am - 8.30am
	Zumba	TMP Fitness	Revenue House	7.30am - 8.30am
	Kickboxing	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	KpopX Fitness	Big Fitness	Income @ Prinsep	12.30pm - 1.30pm
	Circuit Blast	Radiance PhysioFit	AXA Tower	1pm - 2pm
Open Gym	Radiance PhysioFit	AXA Tower	1pm - 2pm	
Yoga Flow	One Wellness	Bugis Village	1pm - 2pm	
Thursday	Hatha Vinyasa Yoga	Platinum Yoga	Suntec City Mall	7.15am - 8.15am
	Yoga Basic	One Wellness	Bugis Village	7.30am - 8.30am
	Sh'Bam	True Fitness	Chevron House	7.30am - 8.30am
	Hatha Basic	One Wellness	Bugis Village	7.30am - 8.30am
	KpopX Fitness	TMP Fitness	Revenue House	7.30am - 8.30am
	Functional Training	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Core Flow Yoga	Fitness First	Mapletree Business Centre	8.10am - 8.55am
	Hot Flow Yoga	Fitness First	Fusionopolis	8.05am - 8.50am
	RPM	Fitness First	100AM Mall	8.10am - 8.55am
	Open Gym	Fitness First	100AM Mall	8.10am - 8.55am
	Hatha Yoga	Real Yoga	Centrepoint	12.30pm - 1.30pm
	Zumba	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm
	Open Gym	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm
HIIT	Big Fitness	Income @ Prinsep	12.30pm - 1.15pm	
Sivananda	One Wellness	Bugis Village	1pm - 2pm	
Friday	Functional Training	Radiance PhysioFit	AXA Tower	7am - 8am
	Open Gym	Radiance PhysioFit	AXA Tower	7am - 8am
	Hatha Yoga	Platinum Yoga	Suntec City Mall	7.15am - 8.15am
	Therapy	One Wellness	Bugis Village	7.30am - 8.30am
	Easy Stretch	One Wellness	Bugis Village	7.30am - 8.30am
	Hot Yoga	True Yoga	Pacific Plaza	7.30am - 8.30am
	Bodycombat	True Fitness	Suntec City Mall	7.30am - 8.30am
	Zumba	True Fitness	Great World City	7.30am - 8.30am
	KpopX Fitness	True Fitness	AMK Djitsun Mall	7.30am - 8.30am
	Kkardio	True Fitness	Chevron House	7.30am - 8.30am
	Kickboxing	TMP Fitness	Revenue House	7.30am - 8.30am
	Hot Flow Yoga	Fitness First	Market Street	8.05am - 8.50am
	Strong By Zumba	Big Fitness	Income @ Prinsep	12pm - 1pm
	Kkardio	Radiance PhysioFit	AXA Tower	12pm - 1pm
Open Gym	Radiance PhysioFit	AXA Tower	12pm - 1pm	
Yoga Stretch	Real Yoga	Centrepoint	12.30pm - 1.30pm	
Restorative Yoga	Platinum Yoga	Westgate	12.50pm - 1.50pm	
Yoga for Weight Loss	One Wellness	Bugis Village	1pm - 2pm	
Hatha Yoga	One Wellness	Bugis Village	1pm - 2pm	
Saturday	Hot Flow	Real Yoga	Jurong Gateway	8am - 9am
	Hot Flow	Real Yoga	Centrepoint	8am - 9am
	Yoga Twist	Real Yoga	600 @ Toa Payoh	8am - 9am
	Hot Yoga	True Yoga	Pacific Plaza	9am - 10am
	Hot Yoga	True Yoga	Great World City	9am - 10am
	KpopX Fitness	True Fitness	NTUC Income Tampines Junction	9am - 10am
	Gentle Yoga	One Wellness	Bugis Village	10am - 11am
	Tatva Yoga	One Wellness	Bugis Village	10am - 11am
	Hatha Yoga	Platinum Yoga	Suntec City Mall	11.15am - 12.15pm
	Piloxing	Big Fitness	Income @ Prinsep	11.30am - 12.30pm
Flexibility Series	One Wellness	Bugis Village	1pm - 2pm	
Sunday	KpopX Fitness	True Fitness	AMK Djitsun Mall	9am - 10am
	Gentle Yoga	True Fitness	NTUC Income Tampines Junction	9am - 10am
	Yoga Stretch	One Wellness	Bugis Village	10am - 11am
	Piloxing	True Fitness	Great World City	10am - 11am
	Yoga for Beginners	One Wellness	Bugis Village	10am - 11am
	Detox Flow	Platinum Yoga	Suntec City Mall	11am - 12pm
	Zumba	Big Fitness	Income @ Prinsep	11.30am - 12.30pm
	Hatha Yoga	Platinum Yoga	Parkway Centre	12.15pm - 1.15pm
Yogalates	One Wellness	Bugis Village	1pm - 2pm	

Sunrise In The City - April 2018

Day	Workout	Centre	Location	Time
Monday	Sunrise Yoga	Platinum Yoga	Suntec City Mall	7.15am - 8.15am
	Yoga Stretch	One Wellness	Bugis Village	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Tampines Grande	7.30am - 8.30am
	Yoga Stretch	Real Yoga	600 @ Toa Payoh	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Jurong Gateway	7.30am - 8.30am
	Yoga Stretch	Real Yoga	Centrepoint	7.30am - 8.30am
	Hot Hula	True Fitness	Suntec City Mall	7.30am - 8.30am
	Zumba	True Fitness	Great World City*	7.30am - 8.30am
	Gentle Flow Yoga	Fitness First	Bugis Junction	8.15am - 9am
	Functional Training	Radiance PhysioFit	AXA Tower	12pm - 1pm
	Open Gym	Radiance PhysioFit	AXA Tower	12pm - 1pm
	Yoga	Big Fitness	Income @ Prinsep	12.30pm - 1.30pm
	Piloxing	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm
Open Gym	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm	
Yoga for Beginners	One Wellness	Bugis Village	1pm - 2pm	
Tuesday	Sunrise Yoga	Platinum Yoga	Suntec City Mall	7.15am - 8.15am
	Backcare Therapy	One Wellness	Bugis Village	7.15am - 8.15am
	Pilates	True Fitness	Chevron House	7.30am - 8.30am
	Bodycombat	True Fitness	Harbourfront Centre	7.30am - 8.30am
	Yoga Flow	One Wellness	Bugis Village	7.30am - 8.30am
	Circuit Training	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Hardcore	Fitness First	The Cathay	8.05am - 8.35am
	Hot Yoga	True Fitness	Great World City*	8.30am - 9.30am
	Hardcore	Fitness First	The Cathay	8.40am - 9.10am
	Zumba	Big Fitness	Income @ Prinsep	12pm - 1pm
	Yoga	Radiance PhysioFit	AXA Tower	12.15pm - 1.15pm
	Open Gym	Radiance PhysioFit	AXA Tower	12.15pm - 1.15pm
Vinyasa	One Wellness	Bugis Village	1pm - 2pm	
Wednesday	Sunrise Yoga	Platinum Yoga	Parkway Centre	7.15am - 8.15am
	Hatha Yoga	One Wellness	Bugis Village	7.15am - 8.15am
	Yoga for Weight Loss	One Wellness	Bugis Village	7.30am - 8.30am
	Sun Salutation	Real Yoga	Centrepoint	7.30am - 8.30am
	Sun Salutation	Real Yoga	Jurong Gateway	7.30am - 8.30am
	Sun Salutation	Real Yoga	Tampines Grande	7.30am - 8.30am
	Sun Salutation	Real Yoga	600 @ Toa Payoh	7.30am - 8.30am
	Yoga Stretch	True Yoga	Pacific Plaza	7.30am - 8.30am
	Pilates	True Fitness	Harbourfront Centre	7.30am - 8.30am
	Yoga Flow	One Wellness	Bugis Village	7.30am - 8.30am
	Zumba	TMP Fitness	Revenue House	7.30am - 8.30am
	Kickboxing	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
KpopX Fitness	Big Fitness	Income @ Prinsep	12.30pm - 1.30pm	
Circuit Blast	Radiance PhysioFit	AXA Tower	1pm - 2pm	
Open Gym	Radiance PhysioFit	AXA Tower	1pm - 2pm	
Yoga Flow	One Wellness	Bugis Village	1pm - 2pm	
Thursday	Hatha Vinyasa Yoga	Platinum Yoga	Suntec City Mall	7.15am - 8.15am
	Yoga Basic	One Wellness	Bugis Village	7.15am - 8.15am
	Sh'Bam	True Fitness	Chevron House	7.30am - 8.30am
	Hatha Basic	One Wellness	Bugis Village	7.30am - 8.30am
	KpopX Fitness	TMP Fitness	Revenue House	7.30am - 8.30am
	Functional Training	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Open Gym	Radiance PhysioFit	AXA Tower	7.30am - 8.30am
	Hot Flow Yoga	Fitness First	Fusionopolis	8.05am - 8.50am
	Core Flow Yoga	Fitness First	Mapletree Business Centre	8.10am - 8.55am
	RPM	Fitness First	100AM Mall	8.10am - 8.55am
	Open Gym	Fitness First	100AM Mall	8.10am - 8.55am
	Zumba	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm
	Open Gym	Radiance PhysioFit	AXA Tower	12.30pm - 1.30pm
HIIT	Big Fitness	Income @ Prinsep	12.30pm - 1.15pm	
Sivananda	One Wellness	Bugis Village	1pm - 2pm	
Friday	Functional Training	Radiance PhysioFit	AXA Tower	7am - 8am
	Open Gym	Radiance PhysioFit	AXA Tower	7am - 8am
	Hatha Yoga	Platinum Yoga	Suntec City Mall	7.15am - 8.15am
	Yoga Therapy	One Wellness	Bugis Village	7.15am - 8.15am
	Easy Stretch	One Wellness	Bugis Village	7.30am - 8.30am
	Hot Yoga	True Yoga	Pacific Plaza	7.30am - 8.30am
	Bodycombat	True Fitness	Suntec City Mall	7.30am - 8.30am
	KpopX Fitness	True Fitness	AMK Djitsun Mall	7.30am - 8.30am
	Kkardio	True Fitness	Chevron House	7.30am - 8.30am
	Kickboxing	TMP Fitness	Revenue House	7.30am - 8.30am
	Hot Flow Yoga	Fitness First	Market Street	8.05am - 8.50am
	Strong By Zumba	Big Fitness	Income @ Prinsep	12pm - 1pm
	Kkardio	Radiance PhysioFit	AXA Tower	12pm - 1pm
Open Gym	Radiance PhysioFit	AXA Tower	12pm - 1pm	
Restorative Yoga	Platinum Yoga	Westgate	12.50pm - 1.50pm	
Yoga for Weight Loss	One Wellness	Bugis Village	1pm - 2pm	
Hatha Yoga	One Wellness	Bugis Village	1pm - 2pm	
Saturday	Hot Flow	Real Yoga	Jurong Gateway	8am - 9am
	Hot Flow	Real Yoga	Centrepoint	8am - 9am
	Yoga Twist	Real Yoga	600 @ Toa Payoh	8am - 9am
	Hot Yoga	True Fitness	Great World City*	8.30am - 9.30am
	Hot Yoga	True Yoga	Pacific Plaza	9am - 10am
	KpopX Fitness	True Fitness	NTUC Income Tampines Junction	9am - 10am
	Gentle Yoga	One Wellness	Bugis Village	9am - 10am
	Tatva Yoga	One Wellness	Bugis Village	10am - 11am
Hatha Yoga	Platinum Yoga	Suntec City Mall	11.15am - 12.15pm	
Piloxing	Big Fitness	Income @ Prinsep	11.30am - 12.30pm	
Flexibility Series	One Wellness	Bugis Village	1pm - 2pm	
Sunday	KpopX Fitness	True Fitness	AMK Djitsun Mall	9am - 10am
	Gentle Yoga	True Fitness	NTUC Income Tampines Junction	9am - 10am
	Piloxing	True Fitness	Great World City*	9am - 10am
	Yoga Stretch	One Wellness	Bugis Village	9am - 10am
	Yoga for Beginners	One Wellness	Bugis Village	10am - 11am
	Detox Flow	Platinum Yoga	Suntec City Mall	11am - 12pm
	Zumba	Big Fitness	Income @ Prinsep	11.30am - 12.30pm
Hatha Yoga	Platinum Yoga	Parkway Centre	12.15pm - 1.15pm	
Yoga Flow	One Wellness	Bugis Village	1pm - 2pm	

Notes:

Monday - Zumba session at Great World City will be conducted at Harbourfront Centre after 15th April 2018.

Tuesday - Hot Yoga session at Great World City will be conducted at Harbourfront Centre, 8.30am to 9.30am after 15th April 2018.

Saturday - Hot Yoga session at Great World City will be conducted at Harbourfront Centre, 8.30am to 9.30am after 15th April 2018.

Sunday - Piloxing session at Great World City will be conducted at Velocity, 9am to 10am after 15th April 2018.