

Experience Sports Sessions – Location Update or Cancellation (April 2023)

DATE	TIME	PROGRAMME	LOCATION UPDATE / CANCELLATION	
1 April 2023, Saturday	8.30am to 9.30am	K-Kardio	The programme will be relocated to 100PLUS Promenade, Gate 10.	
	10am to 11am	Strong by Zumba™		
2 April 2023, Sunday	8.30am to 9.30am	International Remix – Cardio Rocks		
	10am to 11am	FIT Blast		
3 April 2023, Monday	7pm to 8pm	International Remix – Dance Storm		
4 April 2023, Tuesday	7pm to 8pm	Boot Camp		
5 April 2023, Wednesday	7pm to 8pm	Fight-Do®		
6 April 2023, Thursday	7pm to 8pm	Tabata Mania		
7 April 2023, Friday	7pm to 8pm	HIIT Yoga		
8 April 2023, Saturday	8.30am to 9.30am	K-Kardio		The programme will be cancelled.
	10am to 11am	Strong by Zumba™		
9 April 2023, Sunday	8.30am to 9.30am	International Remix – Cardio Rocks		
	10am to 11am	FIT Blast		
10 April 2023, Monday	7pm to 8pm	International Remix – Dance Storm		
11 April 2023, Tuesday	7pm to 8pm	Boot Camp		
22 April 2023, Saturday	8.30am to 9.30am	K-Kardio		
	10am to 11am	Strong by Zumba™		

****In the event of inclement weather, sessions may be cancelled. Please check [facebook.com/sporesportshub](https://www.facebook.com/sporesportshub) at least 45 minutes prior to commencement of the session for the latest updates.***

Scan Here for the
@sportshub
Facebook Page



Updated as of 21 March 2023