



DAY	SESSION	TYPE OF WORKOUT	TIME	LOCATION
Monday	International Remix - Dance Storm	C	7.00pm - 8.00pm	100PLUS Promenade Gate 2
	Hatha Yoga	Z	7.00pm - 8.00pm	Sports Hub Lawn Bowls
Tuesday	Boot Camp	C S E	7.00pm - 8.00pm	Stadium Roar
Wednesday	Vinyasa Flow	F S	7.00pm - 8.00pm	Sports Hub Lawn Bowls
	Fight-Do®	C S E	7.00pm - 8.00pm	100PLUS Promenade Gate 2
Thursday	Tabata Mania	C S E	7.00pm - 8.00pm	Stadium Roar
Friday	HIIT Yoga	F S E	7.00pm - 8.00pm	Sports Hub Lawn Bowls
Saturday	K-Kardio	C	8.30am - 9.30am	100PLUS Promenade Gate 2
	Strong by Zumba™	C S E	10.00am - 11.00am	100PLUS Promenade Gate 2
Sunday	International Remix - Cardio Rocks	C	8.30am - 9.30am	100PLUS Promenade Gate 2
	FIT Blast	C S E	10.00am - 11.00am	100PLUS Promenade Gate 2

Capacity is capped at a maximum of 100 participants per programme.



Cardio



Endurance



Flexibility



Strength



Zen



In the event of inclement weather, sessions held at Stadium Roar and Sports Hub Lawn Bowls will be cancelled. Please check <https://t.me/SportsHubESS> at least 45 minutes prior to commencement of the session for latest updates on relocation/cancellation.