

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

DATE	TIME	PROGRAMME	LOCATION UPDATE / CANCELLATION
1 September 2023, Friday	7pm to 8pm	HIIT YOGA	The programmes will be cancelled due to public holiday.
2 September 2023, Saturday	8.30am to 9.30am	K-Kardio	The programmes will be relocated to 100PLUS Promenade Gate 10
	10am to 11am	Strong by Zumba™	
3 September 2023, Sunday	8.30am to 9.30am	International Remix – Cardio Rocks	The programmes will be relocated to 100PLUS Promenade Gate 10
	10am to 11am	FIT Blast	
28 September 2023, Thursday	7pm to 8pm	Tabata Mania	The programmes will be cancelled due to an event.
29 September 2023, Friday	7pm to 8pm	HIIT YOGA	The programmes will be cancelled due to an event.
30 September 2023, Saturday	8.30am to 9.30am	K-Kardio	The programmes will be cancelled due to an event.
	10am to 11am	Strong by Zumba™	

Updated as of 28 August 2023

