

### Experience Sports Sessions – Location Update or Cancellation (October 2023)

DATE	TIME	PROGRAMME	LOCATION UPDATE / CANCELLATION
<b>11 October 2023, Wednesday</b>	7pm to 8pm	Vinyasa Flow	The programmes will be <b>cancelled</b> due to an event.
	7pm to 8pm	Fight-Do®	
<b>14 October 2023, Saturday</b>	8.30am to 9.30am	K-Kardio	The programmes will be <b>cancelled</b> due to an event.
	10am to 11am	Strong by Zumba™	
<b>21 October 2023, Saturday</b>	8.30am to 9.30am	K-Kardio	The programmes will be <b>cancelled</b> due to an event.
	10am to 11am	Strong by Zumba™	
<b>28 October 2023, Saturday</b>	8.30am to 9.30am	K-Kardio	The programmes will be <b>cancelled</b> due to an event.
	10am to 11am	Strong by Zumba™	
<b>29 October 2023, Sunday</b>	8.30am to 9.30am	International Remix – Cardio Rocks	The programmes will be <b>cancelled</b> due to an event.
	10am to 11am	FIT Blast	

**Updated as of 26 September 2023**

