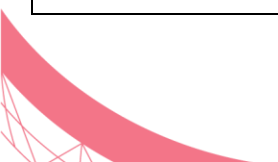


Experience Sports Sessions – Location Update or Cancellation (February 2024)

DATE	TIME	PROGRAMME	LOCATION UPDATE / CANCELLATION
1 Feb, Thursday	7pm to 8pm	Tabata Mania	The programmes will be cancelled due to an event.
2 Feb, Friday	7pm to 8pm	HIIT Yoga	
9 Feb, Friday	7pm to 8pm	HIIT Yoga	The programmes will be cancelled due to CNY EVE.
10 Feb, Saturday	8.30am to 9.30am	K-Kardio	The programmes will be cancelled due to CNY Public Holiday.
	10am to 11am	Strong by Zumba™	
11 Feb, Sunday	8.30am to 9.30am	International Remix – Cardio Rocks	
	10am to 11am	FIT Blast	
12 Feb, Monday	7pm to 8pm	International Remix - Dance Storm	
	7pm to 8pm	Hatha Yoga	
13 Feb, Tuesday	7pm to 8pm	Boot Camp	
14 Feb, Wednesday	7pm to 8pm	Vinyasa Flow	The programmes will be cancelled due to an event.
	7pm to 8pm	Fight-Do	
15 Feb, Thursday	7pm to 8pm	Tabata Mania	
16 Feb, Friday	7pm to 8pm	HIIT Yoga	
17 Feb, Saturday	8.30am to 9.30am	K-Kardio	
	10am to 11am	Strong by Zumba™	
18 Feb, Sunday	8.30am to 9.30am	International Remix - Cardio Rocks	
	10am to 11am	FIT Blast	





24 Feb, Saturday	8.30am to 9.30am	K-Kardio	The programmes will be cancelled due to an event.
	10am to 11am	Strong by Zumba™	
28 Feb, Wednesday	7pm to 8pm	Vinyasa Flow	
	7pm to 8pm	Fight-Do	

Updated as of 1 February 2024

