

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

DATE	TIME	PROGRAMME	LOCATION UPDATE / CANCELLATION
1 May, Wednesday	7pm to 8pm	Vinyasa Flow	The programmes will be cancelled due to Public Holiday / Event.
	7pm to 8pm	Fight-Do	
2 May, Thursday	7pm to 8pm	Tabata Mania	
3 May, Friday	7pm to 8pm	HIIT Yoga	
4 May, Saturday	8.30am to 9.30am	K-Kardio	
	10am to 11am	Strong by Zumba™	
5 May, Sunday	8.30am to 9.30am	International Remix - Cardio Rocks	
	10am to 11am	FIT Blast	
6 May, Monday	7pm to 8pm	International Remix – Dance Storm	
	7pm to 8pm	Hatha Yoga	
7 May, Tuesday	7pm to 8pm	Boot Camp	
11 May, Saturday	8.30am to 9.30am	K-Kardio	
	10am to 11am	Strong by Zumba™	
12 May, Sunday	8.30am to 9.30am	International Remix - Cardio Rocks	
	10am to 11am	FIT Blast	
16 May, Thursday	7pm to 8pm	Tabata Mania	



17 May, Friday	7pm to 8pm	HIIT Yoga	
18 May, Saturday	8.30am to 9.30am	K-Kardio	
	10am to 11am	Strong by Zumba™	
19 May, Sunday	8.30am to 9.30am	International Remix - Cardio Rocks	
	10am to 11am	FIT Blast	
20 May, Monday	7pm to 8pm	International Remix – Dance Storm	
	7pm to 8pm	Hatha Yoga	
22 May, Wednesday	7pm to 8pm	Vinyasa Flow	
	7pm to 8pm	Fight-Do	

Updated as of 30 April 2024

