

Experience Sports Sessions – Location Update or Cancellation (January 2025)

| DATE | TIME | PROGRAMME | LOCATION UPDATE / CANCELLATION |
|---|-----------------|------------------------------------|---|
| 1 January – 5 January on Festive Break (No Sessions) | | | |
| 9 January 2025 | 7pm – 8pm | Tabatha Mania | These sessions are cancelled due to an event |
| 11 January 2025 | 8:30am – 9:30am | K-Kardio | |
| | 10am – 11am | Strong by Zumba | |
| 12 January 2025 | 8:30am – 9:30am | International Remix – Cardio Rocks | |
| | 10am – 11am | FIT Blast | |
| 14 January 2025 | 7pm – 8pm | Boot Camp | |
| 15 January 2025 | 7pm – 8pm | Fight Do | |
| 18 January 2025 | 8:30am – 9:30am | K-Kardio | |
| | 10am – 11am | Strong by Zumba | |
| 19 January 2025 | 8:30am – 9:30am | International Remix – Cardio Rocks | |
| | 10am – 11am | FIT Blast | |
| 21 January 2025 | 7pm – 8pm | Boot Camp | |
| 23 January 2025 | 7pm – 8pm | Tabatha Mania | |
| 25 January 2025 | 8:30am – 9:30am | K-Kardio | |
| | 10am – 11am | Strong by Zumba | |
| 26 January 2025 | 8:30am – 9:30am | International Remix – Cardio Rocks | |
| | 10am – 11am | FIT Blast | |
| 29 January | 7pm – 8pm | Vinyasa Flow | Public Holiday (No Sessions) |
| | | Fight-Do | |
| 30 January | 7pm – 8pm | Tabatha Mania | |

Updated as of 30 December 2024