



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

DATE	TIME	PROGRAMME	LOCATION UPDATE / CANCELLATION
4 August	7pm – 8pm	International Remix - Dance Storm	Relocation: OCBC Square, Main Stage
7 August	7pm – 8pm	Tabata Mania	Cancelled Due To Events
9 August	8:30am – 9:30am	K-Kardio	Public Holiday
	10am - 11am	Strong by Zumba	
10 August	8:30am – 9:30am	International Remix - Cardio Rocks	Cancelled Due To Events
	10am - 11am	FIT Blast	
20 August	7pm – 8pm	Vinyasa Flow	
	7pm – 8pm	Fight-Do	
21 August	7pm – 8pm	Tabata Mania	
23 August	8:30am – 9:30am	K-Kardio	
	10am - 11am	Strong by Zumba	
24 August	8:30am – 9:30am	International Remix - Cardio Rocks	
	10am - 11am	FIT Blast	
25 August	7pm – 8pm	International Remix - Dance Storm	

Updated as of 29 July 2025

