

Sep-19

Monday		Tuesday	Wednesday		Thursday	Friday	Saturday		Sunday		
<b>Zumba</b> Gate 2* Time: 7pm to 8pm Duration: 1 Hour	<b>Power Intense by SuperFit</b> Gate 7* Time: 7pm to 8.30pm Duration: 1.5 Hours	<b>Boot Camp</b> Gate 2* Time: 7pm to 8.30pm Duration: 1.5 Hours	<b>Cardio Blast</b> Gate 2* Time: 7pm to 8pm Duration: 1 Hour	<b>Yoga</b> Lawn Bowls* Time: 7pm to 8pm Duration: 1 Hour	<b>Balance Epitome by SuperFit</b> Gate 2* Time: 7pm to 8.30pm Duration: 1.5 Hours	<b>Yoga</b> Lawn Bowls* Time: 7pm to 8pm Duration: 1 Hour	<b>Endurance Kaizen by SuperFit</b> Gate 2* Time: 9am to 10.30am Duration: 1.5 Hours	<b>ELXR® Fitness Assessment</b> National Stadium* (Accessible via Gate 3) Time: 12pm - 7pm Duration: 1 Hour/session	<b>ELXR® Fitness Assessment</b> National Stadium* (Accessible via Gate 3) Time: 12pm - 7pm Duration: 1 Hour/session	<b>Cardio Blast</b> Gate 2* Time: 9am to 10am Duration: 1 Hour	
30										1	
Zumba Fitness	Power Intense - Power Type Workout									Cardio Fun and Zumba Fitness	
2		3	4		5	6	7		8		
Zumba Fitness	Power Intense - Power Type Workout	Pyramid Workout - Abs Interval	Cardio Blast & Fun Dance		Arm Poses, Shoulders and Inversion  <i>*Relocated to OCBC Square</i>	Leg Strengthening, Poses, Thigh, Inner Thigh	<b>CANCELLED DUE TO JAPAN SUMMER FESTIVAL</b>		ELXR® Fitness Assessment	ELXR® Fitness Assessment	<b>CANCELLED DUE TO JAPAN SUMMER FESTIVAL</b>
9		10	11		12	13	14		15		
Zumba Fitness	Power Intense - Power Type Workout	Body HIIT - Core Conditioning	Hi-lo Aerobics and Fun Dance		Hip Opening, Poses, Lower Back, Balancing	Balance Epitome - General Physical Preparedness	Hip Opening, Poses, Lower Back, Balancing	Endurance Kaizen - Endurance Type Workout		Zumba Fitness and Cardio HIIT	
16		17	18		19	20	21		22		
Zumba Fitness	Power Intense - Power Type Workout	Pyramid Workout - Abs Interval	Fun Dance and and Freestyle Cardio		Arm Poses, Shoulders and Inversion	Balance Epitome - General Physical Preparedness	Core Poses, Upper Back, Twisting	Endurance Kaizen - Endurance Type Workout		Cardio Fun and Zumba Fitness	
23		24	25		26	27	28		29		
Zumba Fitness	Power Intense - Power Type Workout	Body HIIT - Core Conditioning	Hi-lo Aerobics and Fun Dance		Leg Strengthening, Poses, Thigh, Inner Thigh	Balance Epitome - General Physical Preparedness	Leg Strengthening, Poses, Thigh, Inner Thigh	Endurance Kaizen - Endurance Type Workout		Cardio Fun and Zumba Fitness	

**\*Venues subject to change. Please register for the Experience Sports FIT-Sessions at least 2 hours before the start of the session to receive the latest update on venue change and/or cancellation in your e-mail.**