

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

DATE	TIME	PROGRAMME	LOCATION UPDATES / CANCELLATION
4 November	7PM - 8PM	Boot Camp	Relocate to outdoor area at Promenade Gate 2
6 November	7PM - 8PM	Tabata Mania	
8 November	8:30AM – 9:30AM	K-Kardio	Cancelled due to events
	10AM - 11AM	Strong by Zumba	
9 November	8:30AM – 9:30AM	International Remix – Cardio Rocks	
	10AM - 11AM	FIT Blast	
11 November	7PM - 8PM	Boot Camp	Relocate to outdoor area at Promenade Gate 2
13 November	7PM - 8PM	Tabata Mania	
18 November	7PM - 8PM	Boot Camp	
20 November	7PM - 8PM	Tabata Mania	
25 November	7PM - 8PM	Boot Camp	
27 November	7PM - 8PM	Tabata Mania	
28 November	7PM - 8PM	HIIT Yoga	Cancelled due to events
29 November	8:30AM – 9:30AM	K-Kardio	
	10AM - 11AM	Strong by Zumba	
30 November	8:30AM – 9:30AM	International Remix – Cardio Rocks	
	10AM - 11AM	FIT Blast	

Updated as of 28 October 2025