

HAVE FUN AS YOU KEEP FIT

FIT-Sessions Schedule

FIT-SESSION*	ACTIVITY	TIME	VENUE
Monday	Zumba	7.00pm - 8.00pm	Gate 2, 100Plus Promenade
Tuesday	Boot Camp	7.00pm - 8.30pm	Gate 2, 100Plus Promenade
Wednesday	Cardio Blast	7.00pm - 8.00pm	Gate 2, 100Plus Promenade
	Yoga		Sports Hub Lawn Bowls
Thursday	SuperFit.Community (Run)	7.00pm - 8.30pm	Gate 2, 100Plus Promenade
Friday	Yoga	7.00pm - 8.00pm	Sports Hub Lawn Bowls
Saturday	SuperFit.Community (Run)	9.00am - 10.30am	Gate 2, 100Plus Promenade
Sunday	Cardio Blast	9.00am - 10.00am	Gate 2, 100Plus Promenade

FIT-Sessions are open to all. Make a date and join us to keep fit!

Sign up now for our daily FIT-Sessions at www.sportshub.com.sg/ExperienceSports



















