



## Experience Sports Sessions – Location Update or Cancellation (September 2024)

DATE	TIME	PROGRAMME	LOCATION UPDATE / CANCELLATION
7 September, Saturday	8:30am – 9:30am	K-Kardio	The sessions are <b>cancelled</b> due to an event.
	10am – 11am	Strong by Zumba™	
9 September, Monday	7pm – 8pm	International Remix – Dance Storm	
10 September, Tuesday	7pm – 8pm	Boot Camp	
11 September, Wednesday	7pm – 8pm	Fight-Do	
12 September, Thursday	7pm – 8pm	Tabata Mania	
14 September, Saturday	8:30am – 9:30am	K-Kardio	
	10am – 11am	Strong by Zumba™	
21 September, Saturday	8:30am – 9:30am	K-Kardio	
	10am – 11am	Strong by Zumba™	
26 September, Thursday	7pm – 8pm	Tabata Mania	
27 September, Friday	7pm – 8pm	HIIT Yoga	
28 September, Saturday	8:30am – 9:30am	K-Kardio	
	10am – 11am	Strong by Zumba™	

Updated as of 28 August 2024

