



Experience Sports Sessions – Location Update or Cancellation (November 2024)

DATE	TIME	PROGRAMME	LOCATION UPDATE / CANCELLATION
1 st November	7pm - 8pm	HIIT Yoga	These sessions are cancelled due to an event
11 th November	7pm – 8pm	International Remix – Dance Storm	
12 th November	7pm – 8pm	Boot Camp	
13 th November	7pm – 8pm	Fight-Do	
14 th November	7pm – 8pm	Tabata Mania	
16 th November	8:30am – 9:30am	K-Kardio	
	10am – 11am	Strong by Zumba™	
17 th November	8:30am – 9:30am	International Remix – Cardio Rocks	
	10am – 11am	FIT Blast	
18 th November	7pm – 8pm	International Remix – Dance Storm	
19 th November	7pm - 8pm	Boot Camp	
20 th November	7pm – 8pm	Fight-Do	
23 rd November	8:30am – 9:30am	K-Kardio	
	10am – 11am	Strong by Zumba™	
24 th November	8:30am – 9:30am	International Remix – Cardio Rocks	
	10am – 11am	FIT Blast	
25 th November	7pm – 8pm	International Remix – Dance Storm	
27 th November	7pm – 8pm	Fight-Do	
30 th November	8:30am – 9:30am	K-Kardio	
	10am – 11am	Strong by Zumba™	

Updated as of 25 October 2024