

CapitaLand Live It Up Boom: Free Fitness First Workout On 11 June

Description

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CapitaLand Live It Up has a one-hour Boom by Fitness First session at Fitness First Platinum, SingPost Centre on Thursday, 11 June 2026.

The timing is 5pm to 6pm, which makes it a practical after-work fitness stop for Paya Lebar office workers and nearby residents who want a short, structured workout rather than a full evening commitment.

The Workout Details

The listed programme is Boom by Fitness First, described as a high-intensity, boxing-inspired endurance workout that targets arms, core, upper body and lower body. The session uses basic boxing movements such as jabs, crosses, hooks and slips.

For more city-centre ideas, browse our Lifestyle guides.

- Programme: Boom by Fitness First.
- Date: Thursday, 11 June 2026.
- Time: 5pm to 6pm.
- Venue: Fitness First Platinum at SingPost Centre.
- Slots: limited to 10 participants on a first-come, first-served basis.


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The workout is a boxing-inspired endurance session with a stated 10-slot limit.

What To Bring

The important note is gear. Participants are told to bring their own hand wraps and boxing gloves, so this is not the kind of class to attend empty-handed.

Wear workout clothes that can handle quick movement, and arrive early enough for registration and warm-up. With only 10 slots, treating the start time as the arrival time is risky.

Who It Suits

This is best for people who already enjoy cardio classes, boxing-style movements or short fitness challenges. Beginners can still consider it, but should be comfortable with a high-intensity group setting and follow the instructor pace carefully.

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The SingPost Centre location also helps if you want dinner or errands after class. Paya Lebar MRT access keeps the logistics simple, especially for anyone coming from the city or eastern side of Singapore.

Location Notes

- Fitness First Platinum at SingPost Centre

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