



Free KpopX Fitness And Piloxing Sessions Return To Singapore EXPO In June

Description

Singapore EXPO is running free [HPB KpopX Fitness and Piloxing sessions](#) through June 2026, giving east-side residents a no-ticket way to fit in an after-work workout. The sessions are held at Foyer 2, Atrium 6, with each class listed from 6.30pm to 7.30pm.

This is a useful low-friction option for readers browsing [health and fitness ideas in Singapore](#), especially because the venue is directly linked to Expo MRT and does not require a paid studio package.

June Class Dates

Piloxing is listed on Tuesdays, 2, 9, 16, 23 and 30 June 2026. KpopX Fitness is listed on Thursdays, 4, 11, 18 and 25 June 2026. Both formats are shown as free and open to the public on the Singapore EXPO event page.



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PHYSICAL ACTIVITY

Singapore EXPO - Foyer 2

EVERY TUESDAY

6.30PM - 7.30PM

Piloxing

2 Jun | 9 Jun | 16 Jun | 23 Jun | 30 Jun

4 Jun

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Singapore EXPO square event artwork for the June fitness sessions. Image: Singapore EXPO.

What To Expect

Piloxing combines boxing-inspired movement, standing Pilates and dance-style cardio. KpopX Fitness is built around K-pop tracks and repeated dance-fitness sequences, so the entry barrier is lower than a choreographed performance class. The one-hour timing also makes it workable for office workers or students coming in after the evening commute.

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Singapore EXPO event square visual for the HPB fitness series. Image: Singapore EXPO.

Before You Go

- Venue: Singapore EXPO, Foyer 2, Atrium 6.
- Time: 6.30pm to 7.30pm on the listed June dates.
- Cost: Free public session.
- Bring water, a towel and shoes suitable for quick lateral movement.
- Arrive early if you want space near the instructor because the listing does not show reserved seating or a pre-booked slot system.

Why It Is Timely

The June schedule is useful because it covers both mid-month and end-month weekdays, so readers have more than one chance to join without waiting for a new programme cycle. It also gives a practical wet-weather backup compared with outdoor evening workouts. If you work around Changi Business Park, Tampines, Bedok or Paya Lebar, the 6.30pm timing can fit after office hours while still leaving the rest of the evening open. The Health Promotion Board tie-up also makes the sessions a safer recommendation than an unverified pop-up class because the format, time and venue are clearly published.

Location Notes

- [Singapore EXPO Foyer 2 Atrium 6](#)

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