



## Glow Festival By Prudential 2026: Wellness Classes, Music And Sentosa Dates

### Description

Glow Festival by Prudential is back on the Sentosa calendar from 17 to 19 July 2026, with Palawan Green set up for wellness classes, talks, music, food and lifestyle activities.

The festival is not just a single workout. It is closer to a weekend wellness fair with movement sessions, stage programming and festival-style food options, so the better way to plan is to choose a session block rather than wander in hoping everything will fit.

### What Is Listed For 2026

Sentosa's event listing names wellness classes, wellness talks, music performances, food and beverage, and the Glow Festival marketplace. The 2026 billing also points to international music names including Jason Derulo and Alessia Cara, giving the event a broader lifestyle pull beyond yoga and fitness.

Palawan Green is an open festival site, so visitors should factor in weather, hydration and walking distance from Beach Station or nearby car parks.

If you are going mainly for classes, check the session schedule before choosing a ticket because popular time slots can sell out or clash with music programming. If you are going mainly for the evening atmosphere, plan around the main-stage timing and leave enough buffer for Sentosa entry and beach-area crowds.

### Dates And Venue

- Dates: 17 to 19 July 2026.
- Venue: Palawan Green, Sentosa.
- Event listing: [Glow Festival by Prudential on Sentosa](#).

## Who Should Consider Going

This is best for readers who want a social fitness-and-wellness day, not a quiet studio class. Friends can make a full afternoon of classes, food and music, while serious fitness-goers should check the programme for instructor names, class intensity and equipment requirements before booking.

Families can go for the atmosphere, but the core programme reads more adult-wellness than children's carnival. If you are bringing younger kids, choose daytime slots and leave room for nearby beach breaks.

For corporate teams or friend groups, the draw is that the festival can double as a wellness outing and a casual social plan. Set a meeting point near Beach Station or Palawan Green before the event starts because phone signals and crowd noise can make last-minute coordination harder.

## Location Notes

- [Palawan Green, Sentosa](#)

### Date Created

01/06/2026

### Author

jadeyeo

default watermark