

Free HPB MOVE IT classes at The Kallang: Quick HIIT, Active Family and evening dance workouts six days a week

Description

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The Kallang runs free Health Promotion Board (HPB) workouts six days a week on the Promenade at the National Stadium, with Quick HIIT at 7pm on Mondays and Wednesdays and at 9am on Sundays. All the classes are free and booked on the Healthy 365 app.

Capacity is limited, and The Kallang asks participants to register for a slot in advance.



A MOVE IT group workout on the National Stadium Promenade (file photo). Photo: The Kallang

The weekly timetable

- Monday and Wednesday, 7pm to 8pm: Quick HIIT, Promenade, Gate 14
- Tuesday, 7pm to 8pm: Dance Remix, Promenade, Gate 18
- Thursday, 7pm to 8pm: KpopX Fitness, Promenade, Gate 18
- Saturday, 10am to 11am: Circuit Training, Promenade, Gate 18
- Sunday, 9am to 10am: Quick HIIT, Promenade, Gate 14
- Sunday, 2pm to 3pm at Gate 14 and 3pm to 4pm at Gate 22: Active Family

There is no class on Fridays. The Tuesday, Thursday and Saturday sessions run under HPBâ??s Healthy Workplace Ecosystem (HWE) programme. Stadium MRT station on the Circle Line is the nearest stop, with direct access to The Kallang.

To book, open Healthy 365, tap Explore, then Events, and type â??Quick HIITâ?• or â??Active Familyâ?• into the search bar. HPB lists its HWE sessions under â??HWEâ?• in the same search.

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What each class involves

Quick HIIT is short bursts of high-intensity work built on calisthenics and bodyweight exercises for the core, upper and lower body, led by professional trainers. The Kallang pitches it at people working towards a healthier body or training for IPPT.

Dance Remix is a dance fitness workout set to remixed hits. KpopX Fitness simplifies K-pop dance moves and combines them with aerobic and toning exercises, so no dance background is needed. Circuit Training is conditioning work aimed at strength and muscular endurance.

Active Family is for parents with children aged 4 to 12. It uses fun-filled activities to teach physical and health education, build fundamental movement skills and promote parent-child bonding.



Promotional image for MOVE IT with Active Family, for parents and children aged 4 to 12. Image: The Kallang

Two more weekly options

Great World runs a free HWE Zumba class every Thursday at its Office Outdoor Plaza, opposite the Central Lobby. The remaining dates are 19 and 26 November and 3, 10 and 17 December, and the class is listed in Healthy 365 under â??HWE_Great Worldâ?•. No start time is given, so check the Healthy 365 listing for it.

Its terms are strict. Latecomers and walk-ins are turned away, a session may be cancelled if nine or fewer people have registered one working day before, and anyone who neither turns up nor cancels the booking faces a seven-day booking penalty.

Hillion Mall in Bukit Panjang hosts a free HPB Zumba session every Thursday from 7pm to 8pm at its outdoor event space, also booked through Healthy 365. Slots are limited.

Football week at the stadium

The National Stadium hosts the Mizuho Blue Challenge from tonight, when Singapore play Paraguay at 8pm. Japan meet Brazil at 6.15pm on Saturday 14 November, and a doubleheader on Tuesday 17 November starts with Singapore against Brazil at 6pm, followed by Japan against Paraguay at 9.10pm.

That Tuesday is also a Dance Remix night at Gate 18, with stadium gates opening at 4pm. No change to the class has been announced, so check the Healthy 365 listing before heading down.



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The Kallang venue map. The classes meet at Promenade Gates 14, 18 and 22 around the National Stadium. Graphic: The Kallang

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Author
jadeyeo