

HPB MOVE IT this weekend: free Mall Workouts on Healthy 365 and EXPO classes to 26 November

Description

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HPBâ??s MOVE IT line-up keeps free, instructor-led sessions in malls, parks and community spaces. For this weekend the useful actions are a Mall Workout booked on Healthy 365, or a dated Piloxing or KpopX class at Singapore EXPO.



MOVE IT workout classes are free on Healthy 365. Photo: HealthHub / Health Promotion Board

Mall Workouts: free and hour-long

HealthHubâ??s Health Promoting Malls page describes mall workouts as free, hour-long sessions on weekday evenings or weekends, with formats such as kickboxing and KpopX Fitness. Book through the Healthy 365 app. Sessions may be cancelled due to unpredictable weather, so check the app listing on the day.



Health Promoting Malls host free hour-long mall workouts. Photo: HealthHub / HPB

The same MOVE IT family includes Sundays @ The Park across more than 50 locations, Quick HIIT with short high-intensity blocks, Sunrise in the City with more than 60 workout options at over 30 venues, and Start2Move as a six-session beginner course. Sign-ups are on Healthy 365.

Dated November sessions at Singapore EXPO

Singapore EXPO is hosting free Piloxing and KpopX Fitness classes from 3 to 26 November 2026 under HPBâ??s Community Physical Activity Programme. Classes run from 6.30pm to 7.30pm at Foyer 2, Atrium 6, beside Hall 6.

HEALTHY WORKPLACE Ecosystem



GET HEALTHY AT YOUR WORKPLACE

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PHYSICAL ACTIVITIES

Singapore EXPO - Foyer 2, Atrium 6

EVERY TUESDAY

6.30PM - 7.30PM

Piloxing
3 Nov | 10 Nov | 17 Nov | 24 Nov

EVERY

6.30P

Kpop
5 Nov | 12 No

Register Now on Healthy 365!
Type HWE_Singapore EXPO to search for activities

Scan QR code for registration instructions
https://go.gov.sg/registrationsteps

To avoid a 7-day booking penalty, kindly cancel your H365 bookings if you are u
For enquiries, please email healthywe@team-axis.com or call 9027 3873 (9.30

November 2026 Piloxing and KpopX Fitness dates at Singapore EXPO Foyer 2, Atrium 6. Photo: Singapore EXPO / HPB

Piloxing is every Tuesday: 3, 10, 17 and 24 November. KpopX Fitness is every Thursday: 5, 12, 19 and 26 November. Sign-up is through the Healthy 365 app. The EXPO flyer, issued under HPBâ??s Healthy Workplace Ecosystem banner, tells searchers to type HWE_Singapore EXPO, points to go.gov.sg/registrationsteps for registration steps, and warns that missing a booking without cancelling can trigger a seven-day booking penalty.

What you get on the day

Mall workouts and the EXPO classes are instructor-led group sessions, not open gym time. HealthHub pitches mall workouts as a way to unwind after work or bond with family and friends. EXPOâ??s November run keeps the same 6.30pm start across both formats, so a Tuesday or Thursday evening slot is enough to plan around.

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How to book without guessing

Download Healthy 365, open Explore or Events, and search for the mall workout or the EXPO class name. Pick the date, venue and time, then confirm the slot in the app. For enquiries on MOVE IT programmes, HPB publishes hotline 1800 223 1313 and HPB_Mailbox@hpb.gov.sg.

The next EXPO Piloxing after today is Tuesday 10 November; the next KpopX Fitness is Thursday 12 November. Both remain free on Healthy 365 while the November run lasts.

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