



KpopX Fitness And Piloxing At EXPO: Free May Workout Notes

Description

KpopX Fitness and Piloxing at Singapore EXPO is worth putting on your Singapore calendar because free, specific workout sessions are useful only when readers know the exact day, sign-up route and venue corner. The useful part is not just the headline date. It is knowing who the event, programme or opening is for, what to check before going, and where the practical value sits for readers who are deciding how to spend time, money or attention this month.

Piloxing sessions run on 2, 12, 19 and 26 May, while KpopX Fitness runs on 7, 14, 21 and 28 May 2026. The venue is Foyer 2, Atrium 6 near Hall 6. The sessions are free and run in collaboration with the Health Promotion Board. Those details make the difference between a vague event mention and a workable plan, especially when Singapore weekends fill quickly and larger venues can mean queues, timed sessions or booking friction. They also help readers decide whether to go now, bookmark it for later, or skip it.

What Is Happening

The sessions sit under HPB's Community Physical Activity Programme and are meant to help residents stay active and bond with others. For readers, the first filter is simple: whether the topic solves a real need now. A reader can decide whether to try a weekday evening class without paying for a gym package.

Sign-up is through the Healthy 365 app, which is the step that matters before showing up. That gives the story a stronger Singapore angle than a plain announcement, because it connects the event details to a decision someone here can actually make.

Who Should Pay Attention



Singap

EVERY TUESDAY

6.30PM - 7.30PM

Piloxing

5 May | 12 May | 19 May |



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KpopX Fitness and Piloxing gallery image on Singapore EXPO.

Beginners, East-side residents and readers who prefer music-led group workouts should pay attention. If that sounds like you, the important checks are timing, admission, transport and whether the experience is better as a quick stop or a planned visit.

Free public workouts work well in Singapore when the venue is sheltered, MRT-linked and easy to find after work. This is where Singapore context matters: a free fair, a ticketed concert, an airport promotion and a public health programme all ask for different levels of commitment.

What To Check Before Going

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GET HEALTHY AT YOUR WORKPLACE

PHYSICAL ACTIVITY

Singapore EXPO - Foyer 2

EVERY TUESDAY

6.30PM - 7.30PM

Piloxing

5 May | 12 May | 19 May | 26 May

7 M

Register Now on Healthy 3

Type HWE_Singapore EXPO to search for activities

KpopX Fitness and Piloxing official square image alternate URL.

Use the official page for final timing, venue and admission conditions, because several of these events run across different halls, dates or session windows. Confirm the session date in Healthy 365 and arrive with comfortable shoes, water and enough time to locate Atrium 6.

If you are new to Piloxing or KpopX, start at a manageable intensity and leave space around you. For families, workers and weekend planners, the best version of the outing is usually the one where the route, meal break and exit plan are settled before the crowd builds.

Planning Notes

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KpopX Fitness and Piloxing gallery image on Singapore EXPO.

The 6.30pm to 7.30pm slot is commuter-friendly, but dinner plans should be made after the workout. The address, nearest MRT and map links below are included because the article is only useful if readers can turn the information into a real plan.

The real win is not a perfect first class; it is finding a repeatable free activity you might actually attend. Keep the official page open for the specific booking or redemption action named in this article, not as a generic habit but because the dates, halls and eligibility terms are the facts most likely to affect your visit.

How To Make The Visit Count

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For KpopX Fitness and Piloxing at Singapore EXPO, the best approach is to decide your main purpose before travelling. If you are going to compare vendors, list the categories you need. If you are going for an event or performance, settle tickets, timing and meal plans first. If you are checking a programme, know the eligibility step before you arrive.

That matters in Singapore because many useful events happen in large venues where the friction is not the headline activity but the small decisions around timing, queues, wayfinding and transport. A reader who arrives with one clear goal will usually get more from the visit than someone trying to absorb everything at once.

KpopX Fitness And Piloxing Location

Address: Singapore EXPO Foyer 2, Atrium 6, 1 Expo Drive, Singapore 486150

Opening hours: Selected Tuesdays and Thursdays in May 2026, 6.30pm to 7.30pm

Nearest MRT: Expo

[Open in Google Maps](#) | [Open in Apple Maps](#)

Related on Little Big Red Dot: [HPB MOVE IT Programmes](#), [Cost-Of-Living Support 2026](#), [Singapore HeritageFest 2026](#).

Official link: [Singapore EXPO KpopX Fitness and Piloxing page](#).

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