



## Nak Muay By Fitness First Brings A Free Muay Thai Workout To SingPost Centre

### Description

A compact Muay Thai-inspired workout is landing at Paya Lebar this month. [Nak Muay by Fitness First](#) runs at Fitness First Platinum @ Paya Lebar inside SingPost Centre on Thursday, 18 June 2026, from 5pm to 6pm.

The session sits under CapitaLand Live It Up and is worth shortlisting for readers following [Singapore fitness activities](#) because it is specific, short and capped at only 10 first-come-first-served slots.

### Workout Format

The event page describes the session as a fun, high-energy workout inspired by Muay Thai. Participants can expect combinations using kicks, punches, elbows and knees rather than a slow stretching class. It is designed as a fitness session, so beginners should treat it as cardio and technique exposure rather than a full fight-training programme.



CapitaLand Live It Up Nak Muay workout image. Image: SingPost Centre.

## Registration Practicalities

- Date: Thursday, 18 June 2026.
- Time: 5pm to 6pm.
- Venue: Fitness First Platinum @ Paya Lebar, SingPost Centre.
- Slots: 10, first come first served.
- Equipment note: participants are asked to bring their own hand wraps or boxing gloves.

## Who It Suits

This works best for people who can reach Paya Lebar before the evening peak and want a short, structured workout after work. Because the slot count is small, treat the event as an early-arrival activity rather than a walk-in plan after 5pm.

## What To Decide Before Turning Up

The main decision is whether you are comfortable with a compact class and limited equipment requirements. A 10-slot cap means the session will not feel like a large public mass workout, but it also means late arrivals may miss out. Hand wraps or gloves matter because Muay Thai-inspired combinations involve repeated striking motions, even in a fitness format. If you are new to the style, arrive ready to scale power down and focus on form, footwork and controlled movement.

## Location Notes

- [Fitness First Platinum @ Paya Lebar, SingPost Centre](#)

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