National Stadium Experience ends tonight 20 Sep with free sports weekend sessions

Description

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The National Stadium Experience at The Kallang closes tonight, Sunday 20 September 2026, after a run that began on 29 August.

The Kallang lists free general entry for the sports and family programme, with weekend hours 9am to 9pm. Some workshops need registration on The Kallang App.

National Stadium Experience. Photo: The Kallang

What is on for the final Sunday

Weekend 4 is framed as Sports, Movement & Fun. Free workout sessions on 20 September are Circle Mobility at 10am to 11am, Cardio Kickboxing at 2pm to 3pm and KpopX Fitness at 5pm to 6pm.

The ASICS SONICBLAST 2 Trial Zone runs 9am to 3pm on 19 to 20 September. OneASICS membership is required to enter the trial zone; prizes follow the organiserâ??s terms.

Free-to-play pickleball courts and a pickleball machine are listed for open practice. Foam Blaster sessions run 2pm to 6pm for ages seven and up, with covered shoes and provided eye protection required. Personal blasters need Game Master approval.

The National Stadium Steps Challenge stays open for timed climbs on the stadium stairs. Inflatables playground, open-mic karaoke by Powerhouse and the LED roof display continue as standing weekend features; socks are required on the inflatables.

Venue tour still open

National Stadium Venue Tours are listed for 19 and 20 September. Sign-up is free through The Kallang App under the Venue Tour event listing. The tour covers back-of-house areas of the stadium, from event spaces to areas used for major matches and shows.

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Earlier weekends carried Muaythai try-outs, Collecta Fest, Overclocked fitness gaming and the Galaxy Walkathon. Those dated blocks are finished; Sundayâ??s list is the sports weekend grid above.

Hours and how to get there

Weekday hours through the run were 5pm to 9pm; weekends 9am to 9pm. Stadium MRT serves The Kallang precinct. Bring sportswear and covered shoes for the workout and trial zones.

National Stadium Experience ends Sunday 20 September 2026 at 9pm, with free entry for the listed sports and family activities at The Kallang.

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