

# PROGRAMME CALENDAR

**03  
JUNE**

Sewing Workshop	2.00pm
Paper Puppet Workshop	3.00pm
Social Sunday Market Vendors Booths F&B Stalls	4.00pm
Terrarium Workshop	5.00pm
Melissa Tham & Showtime Jazz Ensemble	6.00pm
Rebalance Body and Mind with Ishiki (Awareness) Breath	6.30pm

**04  
JUNE**

True Fitness - MASS Sunrise Flow	8.00am
Abvolution: Morning Meditation	8.00am
Abvolution: Float Fit (HIIT)	9.00am
ActiveSG Football Academy Workshop (6 - 12 years old)	9.00am
Abvolution - Spin Out	10.00am
Essential Oil Workshop	10.00am
ActiveSG Football Academy Workshop (13 - 16 year olds)	10.00am
Social Sunday Market Vendors Booths F&B Stalls	10.00am
Abvolution: Float Fit (HIIT)	10.30am
ActiveSG Football Academy Workshop (Open)	11.00am
Abvolution - Spin Out	11.30am
Oil Pastel	2.00pm
Allan Wu - The Only Way is Through	4.00pm
Abvolution: Float Fit (YOGA)	5.00pm
Candle Making	5.00pm
Cacao Ceremony	5.00pm
Crystal Goh - The Art of Hope	5.30pm
Abvolution: Float Fit (YOGA)	6.30pm
True Fitness Hour: Les Mills Body Jam	7.00pm
Abvolution: Evening Meditation	7.30pm
Flame of the Forest	8.00pm

**05  
JUNE**

Abvolution - Spin Out	8.00am
Abvolution: Float Fit (YOGA)	8.00am
ActiveSG Football Academy Workshop (6 - 12 years old)	9.00am
Abvolution: Float Fit (YOGA)	9.30am
Active Health - Make Every Move Count Workshop	10.00am
Essential Oil Workshop	10.00am
ActiveSG Football Academy Workshop (13 - 16 years old)	10.00am
Social Sunday Market Vendors Booths F&B Stalls	10.00am
Abvolution: Pilates	10.30am
ActiveSG Football Academy Workshop (Open)	11.00am
Abvolution: Pilates	12.00pm
Shrink Art	2.00pm
Shrink Art	3.00pm
Abvolution: Float Fit (HIIT)	4.30pm
Candle Making	5.00pm
Cacao Ceremony	5.00pm
Crystal Goh - Voicing Our Truth	5.30pm
Abvolution: Float Fit (HIIT)	6.00pm
True Fitness Hour: Les Mills Sh'Bam	7.00pm
Sunset Rejuvenation with Healing Sounds	7.00pm



## LOCATIONS

**Festival Village @ Palawan Green**

Palawan Kidz City

**Stress Stop @ Southernmost Point**

Tuckshop

## ALWAYS ON ACTIVITIES

**Mural Wall - Unleash your hidden creative self with the mural wall painting activities**

**Bridge to Wellness - Display your commitment to wellness for the world to see along the Bridge to Wellness as you head over to Stress Stop**

# PROGRAMME CALENDAR



## LOCATIONS

**Festival Village @ Palawan Green**

Palawan Kidz City

**Stress Stop @ Southernmost Point**

**Tuckshop**

## ALWAYS ON ACTIVITIES

**Mural Wall - Unleash your hidden creative self with the mural wall painting activities**

**Bridge to Wellness - Display your commitment to wellness for the world to see along the Bridge to Wellness as you head over to Stress Stop**

## 06 JUNE

Abvolution - Spin Out	8.00am
Tai Chi	8.00am
Abvolution: Float Fit (HIIT)	9.00am
Abvolution - Spin Out	9.30am
Abvolution: Float Fit (HIIT)	10.30am
Clay Workshop	2.00pm
Abvolution: Float Fit (YOGA)	5.00pm
Recyclable Lantern	5.00pm
Dr John - Moving From Busyness to Fruitfulness	5.30pm
Abvolution: Float Fit (YOGA)	6.30pm
True Fitness Hour: Evening Flow	7.00pm

## 07 JUNE

Abvolution - Spin Out	8.00am
Abvolution: Pilates	8.00am
Abvolution - Spin Out	9.30am
Abvolution: Pilates	9.30am
Kite Designing	10.00am
Shrink Art	2.00pm
Shrink Art	3.00pm
Cooking Demo - Authentic Korean Kimchi Making class	5.00pm
Rebalance Body and Mind with Ishiki (Awareness) Breath	5.00pm
Terrarium Workshop	5.00pm
Amanda Chen - Self Care & Well Being with Art	5.30pm
Sunset Rejuvenation with Healing Sounds	6.30pm
True Fitness Hour: Sun Salutations	7.00pm

## 08 JUNE

Abvolution: Barre Fusion	8.00am
Taichi 1	8.00am
Abvolution: Yoga	9.30am
Soap Making	10.00am
Abvolution: Yoga	11.00am
Clay Workshop	2.00pm
Paper Puppet Workshop	3.00pm
Tea Appreciation	4.00pm
Allan Wu - Workout without Excuses	5.00pm
Abvolution: Meditation	5.00pm
Recyclable Lantern	5.00pm
Abvolution: Meditation	6.30pm
True Fitness Hour: Zumba	7.00pm

# PROGRAMME CALENDAR

09  
JUNE

Abvolution: Barre Fusion	8.00am
Abvolution: Yoga	9.00am
Kite Designing	10.00am
Abvolution: Yoga	10.30am
Shrink Art	2.00pm
Paper Puppet Workshop	3.00pm
Shrink Art	3.00pm
Cooking Demo - D-I-Y Happy Bear Bento	5.00pm
Abvolution: Pilates	5.00pm
Oil Pastel	5.00pm
Dr Anywhere - Healthy eating hacks for busy professionals/How to: Eat Well and Live Well for Families	5.30pm
Abvolution: Pilates	6.30pm
True Fitness Hour - Les Mills Body Jam	7.00pm
Pleasure 101 R21	8.00pm



10  
JUNE

Abvolution: Barre Fusion	8.00am
The Ripple Club - Aqua Bike	8.00am
The Ripple Club - Aqua Bike	8.45am
The Ripple Club - Aqua Bike	9.30am
Soap Making	10.00am
Neurobits: Sleep Biomarkers - The next frontier in predictive and preventive health	10.00am
Sewing Workshop	2.00pm
Paper Puppet Workshop	3.00pm
Social Sunday Market Vendors Booths F&B Stalls	4.00pm
Terrarium Workshop	5.00pm
The Ripple Club - Aqua Bike	5.00pm
The Ripple Club - Aqua Bike	5.45pm
The Ripple Club - Aqua Bike	6.30pm
True Fitness Hour - Yoga Flow	7.00pm
Melissa Tham & Showtime Jazz Ensemble	8.30pm

11  
JUNE

The Ripple Club - Aqua Bike	8.00am
The Ripple Club - Aqua Bike	8.45am
ActiveSG Football Academy Workshop (6 - 12 years old)	9.00am
The Ripple Club - Aqua Bike	9.30am
ActiveSG Football Academy Workshop (13 - 16 years old)	10.00am
Social Sunday Market Vendors Booths F&B Stalls	10.00am
Active Health - Make Every Move Count Workshop	10.00am
Family Fun Time	10.30am
ActiveSG Football Academy Workshop (Open)	11.00am
Active Health - Make Every Move Count Workshop	11.00am
Family Fun Time	11.30am
Family Fun Time	2.00pm
Family Fun Time	3.00pm
Family Fun Time	4.00pm
Family Fun Time	5.00pm
Zoe Chu - Make Sleep Your Superpower!	5.00pm
Cacao Ceremony	5.00pm
The Ripple Club - Aqua Bike	5.00pm
The Ripple Club - Aqua Bike	5.45pm
The Ripple Club - Aqua Bike	6.30pm
True Fitness Hour - Zumba	7.00pm
Flame of the Forest	8.30pm

## LOCATIONS

**Festival Village @ Palawan Green**

Palawan Kidz City

**Stress Stop @ Southernmost Point**

Tuckshop

## ALWAYS ON ACTIVITIES

**Mural Wall - Unleash your hidden creative self with the mural wall painting activities**

**Bridge to Wellness - Display your commitment to wellness for the world to see along the Bridge to Wellness as you head over to Stress Stop**

# PROGRAMME CALENDAR

12  
JUNE

The Ripple Club - Aqua Bike	8.00am
The Ripple Club - Aqua Bike	8.45am
ActiveSG Football Academy Workshop (6 - 12 years old)	9.00am
The Ripple Club - Aqua Bike	9.30am
Active Health - Nutrition Masterclass (Beginner)	9.00am
Active Health - Sleep for Parents and Child Workshop	10.00am
Abvolution: Pilates	10.00am
ActiveSG Football Academy Workshop (13 - 16 years old)	10.00am
Social Sunday Market Vendors Booths F&B Stalls	10.00am
Family Fun Time	10.30am
ActiveSG Football Academy Workshop (Open)	11.00am
Family Fun Time	11.30am
Family Fun Time	2.00pm
Family Fun Time	3.00pm
Paper Puppet Workshop	3.00pm
Family Fun Time	4.00pm
Active Health - Nutrition Masterclass (Beginner)	4.00pm
Family Fun Time	5.00pm
The Ripple Club - Aqua Bike	5.00pm
Dr Anywhere - Sleep Well and improve your performance / Sleep Well and reset your metabolism	5.30pm
The Ripple Club - Aqua Bike	5.45pm
The Ripple Club - Aqua Bike	6.30pm
True Fitness Hour: Zumba	7.00pm
Sunset Rejuvenation with Healing Sounds	7.00pm



## LOCATIONS

**Festival Village @ Palawan Green**

Palawan Kidz City

**Stress Stop @ Southernmost Point**

**Tuckshop**

## ALWAYS ON ACTIVITIES

**Mural Wall - Unleash your hidden creative self with the mural wall painting activities**

**Bridge to Wellness - Display your commitment to wellness for the world to see along the Bridge to Wellness as you head over to Stress Stop**

13  
JUNE

Abvolution: Barre Fusion	8.00am
Abvolution: Yoga	9.00am
Abvolution: Yoga	10.30am
Clay Workshop	2.00pm
Abvolution: Pilates	5.00pm
Terrarium Workshop	5.00pm
Dr John - Introduction to Mental Wellness	5.30pm
Abvolution: Pilates	6.30pm
True Fitness Hour - Les Mills Sh'Bam	7.00pm

14  
JUNE

Abvolution: Barre Fusion	8.00am
Abvolution: Meditation	8.00am
Abvolution: Meditation	9.30am
Kite Designing	10.00am
Shrink Art	2.00pm
Mural Painting	2.30pm
Shrink Art	3.00pm
Cooking Demo - Korean Seafood Pancake Cook-Along	5.00pm
Rebalance Body and Mind with Ishiki (Awareness) Breath	5.00pm
Sewing Workshop	5.00pm
Amanda Chen - Mental Health Care Practices using Art	5.30pm
Sunset Rejuvenation with Healing Sounds	6.30pm
True Fitness Hour - Sun Salutations	7.00pm

# PROGRAMME CALENDAR



## LOCATIONS

**Festival Village @ Palawan Green**

Palawan Kidz City

**Stress Stop @ Southernmost Point**

**Tuckshop**

## ALWAYS ON ACTIVITIES

**Mural Wall - Unleash your hidden creative self with the mural wall painting activities**

**Bridge to Wellness - Display your commitment to wellness for the world to see along the Bridge to Wellness as you head over to Stress Stop**

**15  
JUNE**

<b>Abvolution: Barre Fusion</b>	8.00am
<b>Taichi</b>	8.00am
<b>Abvolution: Aerial Hoop</b>	9.00am
<b>Soap Making</b>	10.00am
<b>Abvolution: Aerial Hoop</b>	10.30am
<b>Mural Painting</b>	2.00pm
<b>Clay Workshop</b>	2.00pm
<b>Active Health - Nutrition &amp; Exercise Workshop</b>	4.00pm
<b>Tea Appreciation</b>	4.00pm
<b>Abvolution: Aerial Hoop</b>	5.00pm
<b>Terrarium Workshop</b>	5.00pm
<b>Neurobits: Sleep and Memory</b>	5:30pm
<b>Abvolution: Aerial Hoop</b>	6.30pm
<b>True Fitness Hour - Yoga Therapy Flow</b>	7.00pm

**16  
JUNE**

<b>Abvolution: Aerial Hoop</b>	8.00am
<b>Abvolution: Aerial Hoop</b>	9.30am
<b>Mural Painting</b>	10.00am
<b>Kite Designing</b>	10.00am
<b>Shrink Art</b>	2.00pm
<b>Shrink Art</b>	3.00pm
<b>Cooking Demo - Build your own Nutri-Good Bento</b>	5.00pm
<b>Zoe Chu - Stop The Baby Blues and Enjoy Your Motherhood with Better Sleep</b>	5.00pm
<b>Abvolution: Aerial Hoop</b>	5.00pm
<b>Oil Pastel</b>	5.00pm
<b>Abvolution: Aerial Hoop</b>	6.30pm
<b>True Fitness Hour - Evening Flow</b>	7.00pm

**17  
JUNE**

<b>Abvolution: Barre Fusion</b>	8.00am
<b>Abvolution: Meditation</b>	8.00am
<b>Abvolution: Meditation</b>	9.30am
<b>Trampoline Workout</b>	10.00am
<b>Soap Making Workshop</b>	10.00am
<b>Sewing Workshop</b>	2.00pm
<b>Mural Painting</b>	3.00pm
<b>Social Sunday Market Vendors Booths F&amp;B Stalls</b>	4.00pm
<b>Wong Hui Xin - Good Food Good Mood</b>	5.00pm
<b>Abvolution: Yoga</b>	5.00pm
<b>Terrarium Workshop</b>	5.00pm
<b>Abvolution: Yoga</b>	6.30pm
<b>True Fitness Hour - Zumba</b>	7.00pm
<b>Pleasure 101 R21</b>	8.00pm
<b>Jeremy Monterio &amp; All-Star Band</b>	8.30pm

# PROGRAMME CALENDAR

18  
JUNE



## LOCATIONS

**Festival Village @ Palawan Green**

Palawan Kidz City

**Stress Stop @ Southernmost Point**

**Tuckshop**

## ALWAYS ON ACTIVITIES

**Mural Wall - Unleash your hidden creative self with the mural wall painting activities**

**Bridge to Wellness - Display your commitment to wellness for the world to see along the Bridge to Wellness as you head over to Stress Stop**

Trampoline Workout	8.00am
Abvolution: Beach Pop Cycle	8.00am
ActiveSG Football Academy Workshop (6 - 12 years old)	9.00am
Active Health - Nutrition Masterclass (Beginner)	9.00am
Abvolution: Beach Pop Cycle	9.30am
Active Health - Sleep for Parents and Children Workshop	10.00am
Essential Oil Workshop	10.00am
ActiveSG Football Academy Workshop (13 - 16 years old)	10.00am
Social Sunday Market Vendors Booths F&B Stalls	10.00am
Rebalance Body and Mind with Ishiki (Awareness) Breath	11.00am
ActiveSG Football Academy Workshop (Open)	11.00am
Oil Pastel Workshop	2.00pm
Mural Painting	3.00pm
Active Health - Nutrition Masterclass (Beginner)	4.00pm
Sexual Wellness 101	5.00pm
Abvolution: Beach Pop Cycle	5.00pm
Candle Making	5.00pm
Abvolution: Beach Pop Cycle	6.30pm
True Fitness Hour - Pilates	7.00pm
Jeremy Monterio & All-Star Band	8.30pm

19  
JUNE

Centre for Fathering	8.00am
Abvolution: Beach Pop Cycle	8.00am
ActiveSG Football Academy Workshop (6 - 12 years old)	9.00am
Abvolution: Beach Pop Cycle	9.30am
Essential Oil Workshop	10.00am
ActiveSG Football Academy Workshop (13 - 16 years old)	10.00am
Social Sunday Market Vendors Booths F&B Stalls	10.00am
ActiveSG Football Academy Workshop (Open)	11.00am
Active Health - Make Every Move Count Workshop	2.00pm
Shrink Art	2.00pm
Active Health - Make Every Move Count Workshop	3.00pm
Shrink Art	3.00pm
Tea Appreciation	4.00pm
Trampoline Workout	5.00pm
Candle Making	5.00pm
Sunset Rejuvenation with Healing Sounds	6.00pm
True Fitness Hour - Zumba	7.00pm