

EXTENDED HOURS FOR ACTIVE HEALTH LABS

Starting **January 2026**, selected Active Health Labs will be extending their operating hours to better fit your busy schedule. Additional programme timeslots means more opportunities to move, stretch and thrive.

Check out the extended timings and secure a slot that works for you!



ACTIVE HEALTH LAB

- BISHAN SWIMMING COMPLEX

BUKIT CANBERRA

DELTA SPORT CENTRE

HEARTBEAT@BEDOK
- JURONG EAST SPORT CENTRE

OUR TAMPINES HUB

SENGKANG SPORT CENTRE

WOODLANDS SPORT CENTRE

NEW EXTENDED OPERATING HOURS

Tuesday	8:00 am – 1:00 pm 4:00 pm – 5:30 pm 6:30 pm – 9:00 pm <i>(By Appointment Only)</i>	Friday	8:00 am – 1:00 pm 4:00 pm – 5:30 pm 6:30 pm – 9:00 pm <i>(By Appointment Only)</i>
Wednesday	8:00 am – 11:30 am <i>(By Appointment Only)</i> 11:30 am – 1:00 pm 4:00 pm – 5:30 pm 6:30 pm – 9:00 pm	Saturday	8:00 am – 1:00 pm 2:00 pm – 5:30 pm
Thursday	8:00 am – 1:00 pm 4:00 pm – 5:30 pm 6:30 pm – 9:00 pm <i>(By Appointment Only)</i>	Sunday	8:00 am – 1:00 pm <i>(By Appointment Only)</i> 2:00 pm – 5:30 pm <i>(By Appointment Only)</i>
		Mondays & Public Holidays	Closed

SCAN TO BOOK
ACTIVE HEALTH PROGRAMMES



An initiative by:



Stay connected with Active Health



go.gov.sg/activehealth



Active Health SG

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