

IMPACT@HONG LIM GREEN

FITNESS SCHEDULE 2026

FITNESS

Classes will be held at The Fit Stop

FUNCTIONAL FITNESS

A high intensity workout by simulating common movements at home, at work, or in sports.

OPEN GYM

Ideal for those who prefers to workout at their own pace, while making use of existing equipment for self-guided workouts.

YOGA

Classes will be held at the Multi-Purpose Studio(s)

HATHA YOGA

A non-vinyasa based class that focuses on static postures and longer holds.

STRETCH YOGA

A class involving gentle movements and longer holds to help relieve tense and tight muscles and pain.

AERIAL YOGA (BASIC & INTERMEDIATE)

A combination of traditional yoga using hammocks and structural fabric to help enhance flexibility.

Fitness Classes

Classes will be held at The Fit Stop

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL FITNESS 06:45 – 07:45	FUNCTIONAL FITNESS 06:45 – 07:45	FUNCTIONAL FITNESS 09:30 – 10:30	FUNCTIONAL FITNESS 09:30 – 10:30			
FUNCTIONAL FITNESS 07:45 – 08:45	FUNCTIONAL FITNESS 07:45 – 08:45	ADAPTIVE FITNESS 10:30 – 11:30	FUNCTIONAL FITNESS 10:30 – 11:30			
OPEN GYM 09:00 – 18:00	OPEN GYM 09:00 – 18:00	OPEN GYM 09:00 – 18:00	OPEN GYM 09:00 – 10:00 FUNCTIONAL FITNESS 12:00 – 13:00 OPEN GYM 13:00 – 18:00	OPEN GYM 09:00 – 11:00 FUNCTIONAL FITNESS 12:00 – 13:00 OPEN GYM 13:00 – 18:00	FUNCTIONAL FITNESS 11:30 – 12:30 OPEN GYM 13:00 – 17:00	OPEN GYM 12:00 – 17:00
FUNCTIONAL FITNESS 18:15 – 19:15	FUNCTIONAL FITNESS 18:15 – 19:15					
FUNCTIONAL FITNESS 19:15 – 20:15	FUNCTIONAL FITNESS 19:15 – 20:15					

Yoga Classes

Classes will be held at the Multi-Purpose Studio(s)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					AERIAL BASIC 09:30 – 10:30	
		AERIAL BASIC 18:15 – 19:15			AERIAL INTERMEDIATE 10:45 – 11:45	STRETCH YOGA 11:00 – 12:00
STRETCH YOGA 19:15 – 20:15	HATHA YOGA 19:15 – 20:15	AERIAL STRETCH 19:30 – 20:30	STRETCH YOGA 19:15 – 20:15	HATHA YOGA 19:15 – 20:15		

IMPACT MEMBERSHIP PLANS

(W.E.F 1 JANUARY 2026)

Type Of Plan	Entitlement & Validity	Public Fee	Registration
DROP IN PASS	1 Class + 1 Open Gym Valid on date of purchase	\$28.00	go.gov.sg/impact-dropinpass 
CLASS PACK	10-Class Package Valid for up to 4 months	\$180.00* (\$18.00/class)	go.gov.sg/impact-classpack 
1-Month Pass	15 Classes + Unlimited Open Gym Valid for 1-month from date of activation	\$210.00* (\$14.00/class)	go.gov.sg/impact-1monthpass 
3-Month Pass	45 Classes + Unlimited Open Gym Valid for 3-months from date of activation	\$441.00* (\$9.80/class)	go.gov.sg/impact-3monthpass 

**PAssion Card members enjoy \$15 off all passes except the Drop-In Pass*

Connect with us!



Locate Us

20 Upper Pickering Street
Singapore 058284

Contact Us

6786 7253 (Gym Reception)
6786 0016 (Main Office)
imPActHLG@pa.gov.sg

Operating Hours

Weekdays: 08:00 AM - 10:00 PM
Weekends: 09:00 AM - 06:00 PM
closed on Public Holidays