

FIT & FAB WITH NCIS

Gear up in pink and join us to dance, stretch, kick and punch your way through our free virtual workouts this October!

Refer to the exercise schedule with the Zoom meeting ID and passcode below:

5 October, Wed

Hatha Yoga by DFLy Fitness Studio
6:30 PM to 7.30 PM Singapore

Meeting ID: 919 8520 3111
Passcode: NCISBCAM22

7 October, Fri

Zumba by Team Axis
6:30 PM to 7.30 PM Singapore

Meeting ID: 920 2145 0584
Passcode: NCISBCAM22

11 October, Tues

K-Kardio Dance by Instructor Angela
6:30 PM to 7.30 PM Singapore

Meeting ID: 970 7890 4995
Passcode: NCISBCAM22

13 October, Thurs

Zumba by Instructor Angela
6:30 PM to 7.30 PM Singapore

Meeting ID: 973 0172 0078
Passcode: NCISBCAM22

14 October, Fri

Fight Do by Team Axis
6:30 PM to 7.30 PM Singapore

Meeting ID: 913 4516 8466
Passcode: NCISBCAM22

19 October, Wed

Hatha Yoga by DFLy Fitness Studio
6:30 PM to 7.30 PM Singapore

Meeting ID: 919 8520 3111
Passcode: NCISBCAM22

21 October, Fri

Zumba by Team Axis
6:30 PM to 7.30 PM Singapore

Meeting ID: 920 2145 0584
Passcode: NCISBCAM22

25 October, Tues

Zumba by Instructor Angela
6:30 PM to 7.30 PM Singapore

Meeting ID: 991 0393 0049
Passcode: NCISBCAM22

27 October, Thurs

K-Kardio Dance by Instructor Angela
6:30 PM to 7.30 PM Singapore

Meeting ID: 947 2263 5735
Passcode: NCISBCAM22

28 October, Fri

Fight Do by Team Axis
6:30 PM to 7.30 PM Singapore

Meeting ID: 913 4516 8466
Passcode: NCISBCAM22



For more information, please visit
www.ncis.com.sg/BCAM2022
or scan the QR code.

