

Day 3 (1 June 2025, Sunday)		
Time	Activity	Location
07:30am – 08:30am	Mass Brisk Walk	Turf Track Grass Patch
08:00am – 09:00am	North West Health Qigong Showcase	Marquee 1 & 2
08:00am – 06:00pm	Active Challenge Zone <ul style="list-style-type: none"> ○ Back-Leg-Chest Dynamometer ○ Body Impedance Analysis (BIA) Body Composition Analysis ○ Fast Hand* ○ Hand-eye Coordination ○ Hand Grip Strength* ○ Mini-Obstacle Course* ○ SMART-Fit Reaction* ○ Tic-Tac-Toe Locomotion ○ Vertical Jump* <i>*Leaderboard Challenge</i>	Infront of Marquee
	Sports Try-Out Zone <ul style="list-style-type: none"> ○ Dribble & Shoot ○ Frisbee Throw ○ Inflatable Soccer Darts ○ Inflatable 3-in-1 Sports Game ○ Inflatable Basketball ○ Pickle Ball Shoot Out ○ Rugby Its Try Time ○ Tchoukball 	Gallery
	E-Sports and Wellness Zone <ul style="list-style-type: none"> ○ Arcade Basketball ○ Dance Dance Revolution ○ King Hammer ○ Racing Simulators ○ VR Super Agent 	Infront of Parade Ring
	Carnival Rides <ul style="list-style-type: none"> ○ Grand Carousel ○ Carousel Swing ○ Jeep Rides ○ Aeroplane Merry Go Round Carnival Games <ul style="list-style-type: none"> ○ High Score Roller ○ Lobster Pot ○ Rebound ○ Hook A Duck ○ Pyramid Smash ○ Ring Toss 	Gallery
09:00am – 10:00am	Special Appearance by Dennis Chew (周崇庆)& Chen Biyu (陈碧玉)	Parade Ring & Gallery
09:30am – 11:30am	Family Telematch <ul style="list-style-type: none"> ○ 3-in-1 Telematch ○ Ah Boy & Ah Girl Dash 	Turf Track Grass Patch

09:30am – 11:30am	North West FitnessX Club Try-Out <ul style="list-style-type: none"> o Zumba by Trainer Ray o K-Pop by Trainer Shirley 	Gallery
01:00pm – 03:00pm	North West Dance-Fit Club Try-Out by Dance-Fit Master Catherine Tng	Marquee 1 & 2
02:00pm – 04:00pm	Movie Screening – Kungfu Panda 4	Parade Ring
05:00pm – 06:45pm	Live Performance by Ben Hum	Parade Ring