

[Live Ready Piloxing Series – Frequently Asked Questions](#)

Thank you for your interest in our Live Ready with Etiqua Piloxing Series. We've put together the answers below to help you plan your visit and make the most of the session.

[About the Event](#)

1. What is Piloxing?

Piloxing is a fun cardio fitness workout that blends the power of boxing, the precision of Pilates, and the excitement of dance. It is suitable for most fitness levels and no prior experience is required.

2. Who can participate?

The sessions are open to registered participants aged 18 and above who are Singapore residents. As this is a physical activity, participants should be in generally good health. If you have any medical conditions, injuries, or concerns, please consult your doctor before joining. Participants may be required to present identification for age verification if requested by the organiser.

3. Is there a fee to attend?

No. This is a complimentary session brought to you as part of our Live Ready engagement series. Slots are limited and available on a first-come, first-served basis.

4. When and where is the event held?

Sessions are held every Thursday, 6.15PM – 7.15PM, from 20 August 2026 to 24 September 2026 at the Capital Square External Plaza (Fountain Area), subjected to changes.

5. How long is each session?

Each Piloxing session runs for approximately one hour, inclusive of warm-up and cool-down.

[Registration & Confirmation](#)

6. How do I register?

You can register via our Stay Ready campaign page at etiqua.com.sg/stayready. Please complete all required fields to secure your slot.

7. How will I know if my registration is confirmed?

Registration is confirmed only after you receive our confirmation SMS, which will include your session details. If you have not received a confirmation within a few working days, please contact our Customer Care team.

8. What if the session I want is full?

If your preferred session is fully booked, you will not be able to submit your registration. We encourage you to check our campaign page frequently as we release more available sessions.

9. Can I amend or cancel my registration?

Yes. If you are no longer able to attend, kindly let us know as early as possible so we can release your slot to another participant. You may contact our Customer Care to make any changes.

10. Can I bring a friend or family member along?

Each registration admits one participant only, and registration is non-transferable. Your guest is welcome to sign up separately through our Stay Ready campaign page, subject to availability.

11. I registered but no longer have my confirmation. What should I do?

Simply reach out to our Customer Care team with your full name and registered contact details, and we will assist you in retrieving your booking information.

On the Event Day

12. What time should I arrive?

We recommend arriving at least 10 minutes before the session begins to allow time for on-site registration and to settle in comfortably.

13. Is there an on-site registration process?

Yes. Upon arrival, please look out for the Etiqua banner at the venue to register.

14. What should I wear and bring?

Please come dressed in comfortable sportswear and covered sports shoes suitable for a cardio workout. We recommend bringing:

- A water bottle to stay hydrated
- A small towel
- Your confirmation SMS for registration

There will not be any locker or storage facilities available at the venue. Participants are encouraged to bring only essential personal belongings and keep them with them at all times. Etiqua will not be responsible for any loss of or damage to personal belongings brought to the event.

15. Will refreshments be provided?

No refreshments will be provided.

16. What if I arrive late?

For safety reasons and to minimise disruption to other participants, latecomers may not be admitted once the session has commenced. Please plan your travel time accordingly.

Health & Safety

17. Is Piloxing safe for everyone?

Piloxing is designed to be accessible, but as with any physical activity, participants take part at their own discretion. If you are pregnant, have an existing medical condition, recent injury, or any concerns about your fitness to participate, we do not recommend that you participate in this event.

18. What if I feel unwell on the day of the event?

Your wellbeing comes first. If you are feeling unwell, we kindly ask that you stay home and rest.

19. Is there first-aid support at the venue?

Yes. A trained instructor and event support team will be on-site to assist should any participant require attention during the session.

Wet Weather & Event Changes

20. What is the wet weather plan?

The safety of our participants is our highest priority. In the event of adverse weather conditions, including rain, lightning, haze or any other conditions deemed unsafe, Etiqua reserves the right to postpone, relocate or cancel the session. Participants will be informed via SMS or email where possible.

21. What happens if it rains before the event?

If it rains within two (2) hours before the session start time, our team will assess the venue and floor conditions to determine whether the location remains viable to proceed safely. Participants will be informed accordingly should the session need to be postponed or cancelled.

22. How will I be informed of any changes, postponement, or cancellation?

All registered participants will be notified via SMS or email, using the contact details provided at registration. Please ensure your details are accurate at the point of sign-up.

23. Is there a wet weather back-up location?

Where possible, and subject to availability, the session may be relocated to a sheltered area near the venue. Any change in location will be communicated to registered participants ahead of time.

24. If my session is cancelled, can I attend another one?

Yes. In the event of a cancellation, we will do our best to offer you the option to join an alternative session in the series, subject to availability.

[Photography & Media](#)

25. Will there be photography or videography at the event?

Yes. Photographs and video footage may be taken during the session for internal use, publicity, and marketing purposes across Etika's channels. By attending the event, participants consent to the use of such images. If you prefer not to be featured, please inform our on-site team upon arrival.

Need Further Assistance?

If your question is not answered here, our Customer Care team will be happy to help.

Customer Care WhatsApp: +65 6887 8777 | Email: customer.service@etika.com.sg