

MEDIA RELEASE

Inaugural Sentosa Beach Fest transforms Siloso Beach into Singapore's ultimate beach fitness playground

Fitness elites and sports enthusiasts can look forward to challenges such as Singapore's first beachfront Ninja Lab obstacle course, high-energy beach sports, and international athlete-led experiences. Beach lovers, too, can enjoy the inaugural festival's muscle zapping challenges, accessible wellness workouts and music on an open-air beach fitness destination.



SINGAPORE, 23 February 2026 – From 14 to 22 March, Sentosa Development Corporation will debut Sentosa Beach Fest, a first-of-its-kind beach fitness festival that transforms Siloso Beach into an open-air playground for movement, challenge and community.

Created to reimagine how people experience fitness and the beach, Sentosa Beach Fest is positioned as a day-to-night movement festival that goes beyond a typical beach event or fitness showcase, bringing together unique experiences suitable for all fitness levels that encourage guests to get moving under the sun or the stars.

Anchored by landmark experiences such as Singapore's first specially designed beachfront Ninja Lab obstacle course, Sentosa Beach Fest pushes physical performance to the forefront, combining adrenaline-fuelled challenges, international athlete-led

programmes and high-energy beach sports with recovery-focused wellness and music-driven experiences.

While there are challenges designed to test and train the elite fitness buffs, experiences that aim to inspire across fitness levels are also available, inviting both competitive athletes and motivated first-timers to either hone or start their fitness journey — from sunrise workouts to after-dark action.

Across five immersive zones, guests and competitors can look forward to the following highlights:

- **Singapore’s first beach Ninja Challenge Arena:** The highlight of the festival, Showdown features a specially designed beachfront obstacle course by Ninja Lab, complete with beginner-friendly and expert challenge formats (Ninja Z and Ninja X). The experience culminates in Ninja Shadow Tag, a thrilling after-dark chase that blends speed, stealth and strategy along the sand.
- **Meet international and local champions:** Visitors can look forward to appearances by Australian freerunning star Dominic Di Tommaso, SEA Games obstacle course medallist William Yoong, and other renowned athletes as they lead workshops, showcases, and community classes.
- **Over 30 sports, wellness and lifestyle experiences across five zones:** From yoga by the beach, sound baths, and cardio sessions at the Arena, to volleyball, football, and team-building games at the Stadium, the festival offers diverse ways to get moving in the sun.
- **Day-to-night transformation of Siloso Beach:** The beach pulses with life from sunrise to sunset. Guests can kickstart the day with tranquil yoga flows, soak in the evening with Sunset Sessions (4pm–8pm), and close the night with spectacular light displays and high-energy beats at Ultraviolet (8pm–10pm) on the weekends.

Michael Ma, Assistant Chief Executive (Business & Digital Technology Group), Sentosa Development Corporation said: “With Sentosa Beach Fest, we will create a first-in-Singapore day-to-night beach experience where fitness elites can challenge themselves and compete against each other through customised beach obstacle courses and calisthenics gyms. Sports enthusiasts can also enjoy their favourite sports in a beachfront environment, while beginners can pick up skills with expert guidance, together with friends

and family. Music-driven experiences, as well as curated F&B options will further enliven the Sentosa Beach Fest party vibes, creating a great time and place for guests to make meaningful memories on our sands.”

SPORTS: CHALLENGE, COMPETITION AND COMMUNITY

Push beyond your limits at Showdown



At the heart of Sentosa Beach Fest is *Showdown*, the festival’s physical core, comprising a specially designed **Ninja Lab** beachfront obstacle course with three distinct challenge formats, the calisthenics gym and workshop by **Defy Gravity**, as well as a custom **Battle Rope Challenge**. Together, these experiences offer guests a clear proving ground to test, build and push their physical capabilities across levels.

Ninja Lab

At Ninja Lab, **Ninja-Z (Community Experience)** welcomes first-timers and families with nine obstacles designed to challenge without crushing confidence. Athletes craving more intensity will gravitate to **Ninja-X (Expert Experience)** which delivers 12 obstacles on a challenging sand terrain that strips away all advantages.

If stealth and survival are more their speed, the **Ninja Shadow Tag** experience transforms the course after dark into an adrenaline-fueled prisoner escape game where participants race through the Ninja X course with live “ninjas” patrolling the dungeon.

For those dedicated to honing their techniques instead, they can partake in **Ninja Masterclasses** to receive targeted coaching from athletes who have mastered obstacle racing at the highest levels. Throughout the week, interested participants can be trained by athletes and competitors at the top of their game, including SEA Games medallist William Yoong.

Defy Gravity & Battle Rope Challenge



A fitness revolution that has taken over Singapore's void decks and parks is now also available at Sentosa Beach Fest, with Defy Gravity showcasing the art of calisthenics and bodyweight training. Guests looking to finally nail that muscle-up can drop into **Gravity101** clinics with instructors for expert guidance, or show off their prowess on specialised beach equipment at the **Cali-Gym**.

Lastly, the **Battle Rope Challenge** separates the determined from the defeated through pure endurance. Guests can compete across age, gender and team categories (Open/Masters, Men/Females, Singles/Doubles/Team Relay) with \$1,000 cash prizes

waiting for winners of each of the 8 categories. More information on the activity, tournament registration, ticketing and Showdown's programming can be found in **Annex A**.

Beach sports for all at the Stadium zone

At the Stadium, a series of public courts will transform to host various beach sports throughout the festival. Transforming beach recreation into friendly competition, weekend warriors and families can test their athleticism, or pick up the basics through a plethora of beach sports, including **Beach Volleyball**, **Beach Football**, **Beach Netball** and **Beach Ultimate Frisbee**.

Those with a competitive streak can choose to form their own teams for competitions, while others can head to the public courts for casual play, or learn the basics from on ground coaches.

More information on the Stadium's sessions and registration details can be found in **Annex A**.

PLAY: THE BEACH AS A SOCIAL PLAYGROUND

Pure inflatables joy at Playground



The Playground zone is dedicated to active, movement-led play, giving both kids and adults the satisfaction of physical fun without boundaries. **Adventure Land** anchors the zone with a massive inflatable obstacle course designed specifically for the beach terrain. Kids of 6 years and above can climb, bounce and navigate colourful structures at their own pace. Parents can choose between 1-hour passes for a quick burst of fun or 3-hour passes for fully immersive play.

Beyond the main course, the zone also contains the **Social Hub**, where favourite childhood classic games have been supersized for the beach, such as Giant Jenga, and Giant Tic-Tac-Toe. More importantly, the entire area will be sheltered with F&B nearby, completing the perfect recipe for a day of family bonding amongst the sand, sun and sea.

More information on The Playground can be found in **Annex B**.

MUSIC: WHERE RHYTHM MEETS MOVEMENT

Finally, we have the Arena, an energetic hub where wellness and fitness meet music and community. Designed for anyone seeking energising, music-driven movement, the Arena brings together workouts across yoga, cardio kickboxing, pilates and more, by the scenic beach shore.

As daylight fades, Sentosa Beach Fest shifts into an entirely different sonic gear. Kicking off from late afternoon will be **Sunset Sessions**, where guests can wind down and recover to a curated mix of musical performances.

Then from 8pm, the Arena explodes with neon visuals and deep driving rhythms at **Ultraviolet**, a high-octane series of nightlife parties that have the beach pulsing with throwback music under the stars. Spanning both weekends of the festival (14, 15, 20, 21, 22 March), rotating guest DJs will bring their distinct styles, including Singapore DJ HOOKSTYLE's blend of hip-hop, R&B and electronic beats, as well as DJ KFC's bass-heavy sets, making for memorable dusk-to-night sessions.

More information on The Arena's programming can be found in **Annex C**.

Fuel and load up at Refuel

The Refuel zone completes the festival experience, with food stalls positioned exactly where fuel is needed most. Be it a quick bite between beach volleyball sets, or an ice-cold brew at sunset, this is the ideal spot to recharge with the ocean breeze and live beats.

The **Food Bazaar** curates food that satisfies without slowing you down, plus indulgent options for when you've earned something special. From Western-Asian fusion creations from Breadfirst Everyday, to signature craft brews from Glugland, guests can stay energised throughout the entire day.

More information on Refuel offerings can be found in **Annex D**.

Sentosa Beach Fest 2026 will run from 14 – 22 March 2026 from 8am to 10pm at Siloso Beach, with both paid and free activities. Tickets will be available from the official [Fever platform](#).

Guests can enjoy 10 per cent off tickets by checking out with Mastercard, while Sentosa Islander members can also earn points with a minimum spend of \$20, and offset their spending with Islander vouchers.

For more information on Sentosa Beach Fest, please visit sentosa.com.sg/beachfest.

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Hi-res images can be downloaded [here](#).

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About Sentosa

Sentosa, where discovery never ends, is Asia's leading leisure destination and Singapore's premier island resort getaway, located within 15 minutes from the central business and shopping districts. The island resort is managed by Sentosa Development Corporation, which works with various stakeholders in overseeing property investments, attractions development, and operation of the various leisure offerings and management of the residential precinct on the island.

The 500-hectare island resort is home to an exciting array of themed attractions, award-winning spa retreats, lush rainforests, golden sandy beaches, resort accommodations, world-renowned golf courses, a deep-water yachting marina and luxurious residences – making Sentosa a vibrant island resort for business and leisure. Sentosa is also home to Singapore's first integrated resort, Resorts World Sentosa, which operates Southeast Asia's first Universal Studios theme park.

Situated on the eastern end of Sentosa Island is Sentosa Cove, an exclusive waterfront residential enclave bustling with more than 2,000 homes, quayside restaurants, retail and specialty shops. The island is also proud to be home to Sentosa Golf Club and its two acclaimed golf courses, The Serapong and The Tanjong. Sentosa Golf Club has hosted a number of high-profile professional and amateur tournaments, including the Singapore Open and HSBC Women's World Championship, welcoming international star players and world-class golf professionals from across the world.

Welcoming a growing number of local and international guests every year, Sentosa is an integral part of Singapore's goal to be a global destination to work, live and play. For more information, please visit: www.sentosa.com.sg.

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About Sentosa Development Corporation

Sentosa Development Corporation (SDC) was established on 1 September 1972 as a Statutory Board under the Ministry of Trade and Industry. As a master planner, its charter since inception has been to oversee the development, management, marketing and promotion of the island of Sentosa as a resort destination for locals and tourists.

SDC wholly owns its subsidiaries Sentosa Cove Resort Management Pte Ltd and Sentosa Golf Club. SDC also owns the Singapore Cable Car Sky Network, managed by Mount Faber Leisure Group Pte Ltd, a wholly owned subsidiary which operates as an autonomous commercial arm.

As a testament to its commitment to sustainability, SDC has been conferred the Global Sustainable Tourism Council – For Destinations (GSTC-D) certificate, making Sentosa the first island destination in Asia to receive this accolade.

ANNEX A – SPORTS PROGRAMMING

Activity	Details
Showdown: NINJA LAB	
Ninja Z	<p>9 obstacles designed for all fitness levels</p> <p>1-hour unlimited run sessions</p> <p>Minimum height requirements:</p> <ul style="list-style-type: none"> • 1.2m (requires parent supervision, additional tickets sold separately) • 1.5m (for solo run without parent supervision) <p>Pricing</p> <ul style="list-style-type: none"> • \$25 (single adult), includes \$5 food voucher • \$37 (1 adult + 1 kid), includes \$5 food voucher • \$62 (2 adults + 2 kids) , includes \$10 food voucher • \$82 (4 adults), includes \$10 food voucher <p>Capacity: 40 pax per wave</p>
Ninja X	<p>13 obstacles for advanced participants</p> <p>Completion medals and headbands available</p> <p>Minimum height requirements:</p> <ul style="list-style-type: none"> • 1.2m (requires parent supervision, additional tickets sold separately) • 1.5m (for solo run without parent supervision) <p>Pricing:</p> <ul style="list-style-type: none"> • \$30 (single), includes \$5 food voucher • \$59 (duo), includes \$5 food voucher • \$90 (team of 4), includes \$10 food voucher <p>Capacity: 40 pax per wave</p>

<p>Ninja Masterclass</p>	<p>1-hour targeted coaching sessions</p> <p>Minimum height requirements:</p> <ul style="list-style-type: none"> • 1.2m (requires parent supervision, additional tickets sold separately) • 1.5m (for solo run without parent supervision) <p>Pricing: \$30 per session, includes \$5 food voucher</p> <p>Limited to 20 participants per class</p>
<p>Ninja Shadow Tag</p>	<p>Night obstacle course escape game</p> <p>1-hour survival challenge</p> <p>Minimum height requirements:</p> <ul style="list-style-type: none"> • 1.2m (requires parent supervision, additional tickets sold separately) • 1.5m (for solo run without parent supervision) <p>Pricing: \$30 (adult), \$25(student, below 16) includes \$5 food voucher</p> <p>Capacity: 20 pax per wave</p>
<p>Showdown: DEFY GRAVITY</p>	
<p>Cali-Gym</p>	<p>Open beach workout sessions with specialised equipment</p> <p>1-hour sessions</p> <p>Minimum height requirements:</p> <ul style="list-style-type: none"> • 1.2m (requires parent supervision, additional tickets sold separately) • 1.5m (for solo entry without parent supervision) <p>Pricing:</p> <ul style="list-style-type: none"> • \$10 (weekday), per hour • \$12 (weekend), per hour

	Capacity: 30 pax per wave
<p>Gravity101 Cali-Clinics:</p> <ul style="list-style-type: none"> • Gravity101 – Muscle Up • Gravity101 – Levers • Gravity101 – Dynamics • Gravity101 – Intro to Push • Gravity101 – Intro to Pull 	<p>Skill development Cali-Clinics for specific calisthenics techniques</p> <p>Minimum height requirements:</p> <ul style="list-style-type: none"> • 1.2m (requires parent supervision, additional tickets sold separately) • 1.5m (for solo entry without parent supervision) <p>Pricing:</p> <ul style="list-style-type: none"> • \$32 (single session) • \$47 (2 sessions, can be split across 2 days) <p>Capacity: 20 pax per wave</p>
Cali Public Performance	<p>Free demonstrations by international calisthenics athletes</p> <p>Performance date: 15 March, 6pm – 8pm</p> <p>Pricing: Free</p>
Battle Rope Challenge	<p>30-minute endurance competitions</p> <p>Minimum age: 16 years old</p> <p>Categories and pricings:</p> <p>MEN:</p> <ul style="list-style-type: none"> • Men’s Open (<39), \$22 • Men’s Masters (40 and above), \$22 <p>WOMEN:</p> <ul style="list-style-type: none"> • Women’s Open (<39), \$22 • Women’s Masters (40 and above), \$22 <p>DOUBLES:</p>

	<ul style="list-style-type: none"> · Mixed Doubles Open (<39), \$44 · Mixed Doubles Masters (40 and above), \$44 <p>TEAM:</p> <ul style="list-style-type: none"> · Mixed Team Relay Open* (<39), \$88 · Mixed Team Relay Masters* (40 and above), \$88 · <i>Strictly 2 men & 2 women per team, all same age category</i> <p>Prize: \$1,000 for each category winner</p>
Stadium	
Beach Netball	<p>14 March 2026</p> <p>Mini Competition by Singapore Netball Academy across different age groups</p> <p>Minimum Age: U9s, U11, U13, U16</p> <p>Capacity: 150 pax – 300 pax</p> <p>Registration link: https://sgna.sg/beach-netball-carnival-registration</p>
Beach Ultimate Frisbee	<p>15 March 2026</p> <p>Clinics/try-out sessions by Singapore Flying Disc Association</p> <p>Minimum age: 10 years old and above</p> <p>Capacity: 140</p> <p>Registration link: https://forms.gle/E5pGYj9CVFpjAjGu8</p>
Beach Football	<p>16 – 19 March 2026</p> <p>Clinics/try-out sessions in partnership with ActiveSG Football Academy</p> <p>Minimum age: 7 years old</p> <p>Age Groups:</p> <p>Under-8s</p> <p>Under-10s</p> <p>Under-12s</p> <p>Youth</p>

	Registration link: https://forms.gle/E5pGYj9CVFpjAjGu8
Beach Volleyball	<p>21 – 22 March 2026</p> <p>Clinics/try-out sessions by Tampines North Volleyball across different age groups</p> <p>Minimum age: 10 years old and above</p> <p>Registration link: https://forms.gle/E5pGYj9CVFpjAjGu8</p>

ANNEX B – PLAYGROUND PROGRAMMING

Activity	Details
Adventure Land Inflatables	<p>16 – 20 March 2026, 3pm – 10pm</p> <p>Minimum age: 6 years old</p> <p>Minimum height requirements:</p> <ul style="list-style-type: none"> • 1.2m (requires parent supervision, additional tickets sold separately) • 1.5m (for solo run without parent supervision) <p>Pricing:</p> <ul style="list-style-type: none"> • \$22(1-hour pass) <p>Capacity: 50 pax per wave</p>
Supersized Board Games at Social Hub	<p>14 – 22 March 2026</p> <p>Nestled within the Playground is the dedicated Social Hub, a curated space of oversized fun that’s completely free for everyone</p> <ul style="list-style-type: none"> • Giant Jenga: Test your steady hand and nerves of steel. How high can the tower go before the sand claims it?

	<ul style="list-style-type: none"> • Giant Tic-Tac-Toe: Strategy meets scale. Outsmart your opponent on a grid so big you have to walk the winning line. <p>Pricing: Free</p>
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ANNEX C – THE ARENA PROGRAMMING

Activity	Details
Wellness Programmes	<p>14 – 22 March 2026</p> <p>Our diverse schedule of programmes below are free on weekdays:</p> <ul style="list-style-type: none"> • The Power Sessions: High-energy Cardio Dance Zumba, Cardio Kickboxing, Bellydance Fitness, and the gravity-defying Trampoline Fitness. • The Yoga Sanctuary: A style for every soul, including Vinyasa, Hatha, Yin, Morning Stretch, Deep Stretch, and Yoga Therapy. • Signature Flows: Experience the rhythmic Inside Flow, the foundational Mat Pilates, or a grounding Sound Bath session. <p>Ticketed masterclasses take place on weekends:</p> <p><u>Cardio Remix</u></p> <ul style="list-style-type: none"> • 1 pax - \$20, includes \$5 food voucher <p><u>Spin Bike:</u></p> <ul style="list-style-type: none"> • \$17 for 2-hour session, includes \$5 food voucher <p><u>Jump (Trampoline):</u></p> <ul style="list-style-type: none"> • \$17 for 2-hour session, includes \$5 food voucher
Sunset Sessions	<p>Dates: 14, 15, 20, 21, 22 March 2026, 4pm – 8pm</p> <p>Line up for both Sunset Sessions and Ultraviolet:</p> <ul style="list-style-type: none"> • Stassh (KFC + HOOKSTYLE)

	<ul style="list-style-type: none">• DJ Aldrin• Taz Angullia• Dodgy Yamamoto• Jeremy Boon• Erwin Linden• Donn• Ms Lil• Sivanesh <p>For full schedules and set timings, refer to: https://www.sentosa.com.sg/en/campaigns/beachfest/</p>
Ultraviolet	<p>Dates: 14, 15, 20, 21, 22 March 2026, 8pm – 11pm</p> <p>Line up for both Sunset Sessions and Ultraviolet:</p> <ul style="list-style-type: none">• Stassh (KFC + HOOKSTYLE)• DJ Aldrin• Taz Angullia• Dodgy Yamamoto• Jeremy Boon• Erwin Linden• Donn• Ms Lil• Sivanesh <p>For full schedules and set timings, refer to: https://www.sentosa.com.sg/en/campaigns/beachfest/</p>

ANNEX D – DINING AND ISLANDER OFFERS

Dining Offers	
Refuel	
Area	Details
Food Bazaar	<p>14 – 22 March 2026</p> <p>Curated lineup of food stalls across festival zones Participants may use food vouchers from ticketed activities</p> <p>Stall information:</p> <p>1. Breakfast Everyday</p> <p>Breakfast Everyday brings their signature Western-Asian fusion to the shores of Siloso. From creative brunch-style bites to savory festival favorites, every dish is a custom-crafted masterpiece designed specifically for the Beach Fest crowd</p> <p>2. Kampong Food Club by Southside</p> <p>Dive into Kampong Food Club’s crowd-pleasing menu of delicious snacks and refreshing sips by day, or kick back with a premium beer as the sun sets</p> <p>Glugland by Southside</p> <p>Elevate your beach fest experience with Glugland, the specialists in premium craft beers and artisanal cocktails. Whether you’re cooling off from the sun or toasting to the night, Glugland is where the best beach stories begin</p> <p>3. SOHTT</p> <p>SOHTT is bringing its signature fusion of creativity and quality to the Siloso sands, including the "crunch-meets-chew" perfection of their Mochi Croffles or a cold, refreshing Bubble Tea to beat the heat</p> <p>4. Swagon</p> <p>Swagon is landing at Siloso Beach with a bespoke pop-up designed to delight every palate. Expect a gourmet experience that combines bold, creative flavors with the reliability of a top-tier kitchen</p>

Islander Offers	
Area	Details
Refuel	Islander Members Exclusive <ul style="list-style-type: none">• Earn Islander points with a minimum spend of \$20 at Refuel• Use Islander vouchers to offset your spending at Refuel