




2026 April

Requires Registration

 **Centre Name:** AACC (Bukit Batok West)
 **Centre Address:** Blk 439 Bukit Batok West Ave 8 #02-01 S650439
 **Centre Contact:** 69705829 / 81632705



ntuc Health

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		1	2	3	4
		Community Health Post @9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	<p>Centre Closed (Good Friday)</p>	
		Let's Do Seated Exercise@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am (BALL)		
			Let's Do Rolling Programme@9.45-10.45am		
		Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10.30-11.30am (BALL)		
			Let's Jam With Ukulele@11am-12pm		
		Let's Do Seated Exercise@10-10.45am (BOXING)	Let's Jam With Ukulele@12-1.15pm		
		Let's Jam With Ocarina@11am-12pm	Let's CrossFit @3-4pm		
		Let's Yogalates @2-3pm			
		Let's KTV Together @3-5pm			

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6	7	8	9	10	11
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl (Male Exclusive)@9.30am-12pm	Community Health Post @9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise - Live Stream@9.15-10am (RESISTANCE BAND)	
Let's Do Seated Exercise@9.15-10am (WATER BOTTLE)	Let's Bowl @9.30am-12pm	Let's Do Seated Exercise@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am	Let's Makan Together - F4 @10-11am	
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)	Let's Do Seated Exercise@9.15-10am	Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Do Seated Exercise@10-10.45am		Haircut services @10am-1pm	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Level Up English@10-11am [FULL]	Let's Do Seated Exercise@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am	Let's Do Recycle Art@1.30-3pm	
	Let's Pick Up Malay@11am-12pm [FULL]	Let's Play Music With Ocarina@11am-12pm	Let's Jam With Ukulele@11am-12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Do Piloxing @2-3pm [Paid Session]	Let's Do Patchwork @1.30-4pm	Let's Yogalates @2-3pm	Let's Jam With Ukulele@12-1.15pm	Let's Gen Together - Jurong West Secondary School@2.30-4pm	
Let's Celebrate Birthday@2-4pm [By Invitation Only]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Learn To Sing@3-5pm	Let's CrossFit @3-4pm		

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Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Community Health Post @9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise - Live Stream@9.15-10am (RESISTANCE BAND)	
Let's Gen Together - Creative 'O' @9-12pm	Let's Do Seated Exercise@10-10.45am	Let's Do Seated Exercise@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am (BALL)	Let's Makan Together - F4 @10-11am	
Let's Do Seated Exercise@9.15-10am (WATER BOTTLE)	Let's Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45am	Let's Line Dance (IL)@10-11am	
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)	Let's Pick Up Malay@11am-12pm [FULL]	Let's Gen Together - Singapore Polytechnic@10-11.30am	Let's Do Seated Exercise@10.30-11.30am (BALL)	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
Let's Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Jam With Ocarina@11am-12pm	Let's Jam With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Gen Together - Singapore Polytechnic@2.30-4pm	Let's Yogalates @2-3pm	Let's Jam With Ukulele@12-1.15pm	Let's Gen Together - Singapore Polytechnic@1-2.30pm	
Let's Chinese Dance@1.30-4.30pm		Let's Gen Together - Singapore Polytechnic@2.30-4pm	Let's Gen Together - Singapore Polytechnic@2.30-4pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]				
Let's Adaptive Sports@3.15-4pm				Let's Adaptive Sports@3.15-4pm	

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Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Community Health Post @9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise - Live Stream@9.15-10am (RESISTANCE BAND)	Let's Gen Together - Bukit Batok Secondary School@10am-12pm
Let's Do Seated Exercise@9.15-10am (WATER BOTTLE)	Let's Do Seated Exercise@10-10.45am	Let's Do Seated Exercise@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am	Let's Makan Together - F4 @10-11am	
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)	Let's Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45am	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Seated Exercise@10-10.45am (BOXING)	Haircut services @10am-1pm	Let's Line Dance (IL)@10-11am	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Do Patchwork @1.30-4pm	Let's Jam With Ocarina@11am-12pm	Let's Do Seated Exercise@10.30-11.30am	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's Say No To Fraility @2-4pm	Let's Yogalates @2-3pm	Let's Jam With Ukulele@11am-12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Do Piloxing @2-3pm [Paid Session]			Let's Jam With Ukulele@12-1.15pm		
Let's Gen Together - Yuan Ching Secondary School @2-4.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Learn To Sing@3-5pm	Let's CrossFit @3-4pm	Let's Adaptive Sports@3.15-4pm	

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27	28	29	30		
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Community Health Post @9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)		
Let's Do Seated Exercise@9.15-10am (WATER BOTTLE)	Let's Do Seated Exercise@10-10.45am	Let's Do Seated Exercise@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am (BALL)		
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)	Let's Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45am		
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Seated Exercise@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am (BALL)		
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Do Patchwork @1.30-4pm	Let's Go Gai Gai to Bollywood Veggies@9.30am-1pm	Let's Jam With Ukulele@11am-12pm		
Let's Chinese Dance@1.30-4.30pm	Let's Say No To Fraility @2-4pm	Let's Jam With Ocarina@11am-12pm	Let's Jam With Ukulele@12-1.15pm		
Let's Do Piloxing @2-3pm [Paid Session]		Let's Yogalates @2-3pm			
Let's Adaptive Sports@3.15-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's KTV Together @3-5pm	Let's CrossFit @3-4pm		

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		服务 - 社区保健站@9-5pm	一起打太极@8.30-9.30am (438 凉亭)	中心休业 (公共假期)	
		一起做运动@9.15-10am (拳击)	一起做运动 (坐式) @9.15-10.15am(球)		
		一起做日本和谐粉彩 @9.30-10.30am	一起做防跌运动 @9.45-10.45am		
		一起线上做运动 @10-10.45am (拳击)	一起做运动 (坐式) @10.30-11.30am (球)		
		一起玩音乐-陶笛 @11am-12pm	一起玩音乐-乌克兰 @11am-12pm		
		一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰 @12-1.15pm		
		一起来K歌 @3-5pm	一起做CrossFit@3-4pm		

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6	7	8	9	10	11
一起打太极@8.30-9.30am (441凉亭)	一起打保龄球 (只限男性)@9.30am-12pm	服务 - 社区保健站@9-5pm	一起打太极@8.30-9.30am (438凉亭)	一起线上做运动@9.15-10am (拉力带)	
一起做运动@9.15-10am (水瓶活动)	一起打保龄球 @9.30am-12pm	一起做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am(球)	一起来makan - F4@10-11am	
一起线上做运动@10-10.45am (水瓶活动)	一起做运动 (坐式)@9.15-10am	一起做日本和谐粉彩 @9.30-10.30am	一起做防跌运动 @9.45-10.45am	一起跳排舞(IL)@10-11am	
一起做钩针编织@10am-12pm	一起做运动 (坐式)@10-10.45am	一起线上做运动 @10-10.45am (拳击)	服务 - 理发@10am- 1pm	一起线上做运动 @10-10.45am (拉力带)	
一起玩乌克丽丽@11am-1pm [班级已满]	一起学英文-中级 @10-11am [班级已满]	一起玩音乐-陶笛 @11am-12pm	一起做运动 (坐式)@10.30-11.30am (球)	一起做再循环工艺 @1.30-3pm	
	一起学马来文-初级 @11am-12pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克丽丽 @11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
一起做 Piloxing @2-3pm [需付费]	一起做拼布工艺 @1.30-4pm		一起玩音乐-乌克丽丽 @12-1.15pm		
一起来庆生@2-4pm [仅限邀请]	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起来唱歌@3-5pm	一起做CrossFit@3-4pm	代际交流 - Jurong West Secondary School@2.30-4pm	

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一起打太极@8.30-9.30am (441凉亭)	一起做运动 (坐式)@9.15-10am	服务 - 社区保健站@9-5pm	一起打太极@8.30-9.30am (438 凉亭)	一起线上做运动@9.15-10am (拉力带)	
代际交流 - Creative 'O' 9am-12pm	一起做运动 (坐式)@10-10.45am	一起做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am(球)	一起来makan - F4@10-11am	
一起做运动@9.15-10am (水瓶活动)	一起学英文-中级 @10-11am [班级已满]	一起做日本和谐粉彩 @9.30-10.30am	一起做防跌运动 @9.45-10.45am	一起跳排舞(IL)@10-11am	
一起线上做运动@10-10.45am (水瓶活动)	一起学马来文-初级 @11am-12pm	代际交流 - Singapore Polytechnic@10-11.30am	一起做运动 (坐式)@10.30-11.30am (球)	一起线上做运动 @10-10.45am (拉力带)	
一起做钩针编织@10am-12pm	一起做拼布工艺 @1.30-4pm	一起玩音乐-陶笛 @11am-12pm	一起玩音乐-乌克丽丽 @11am-12pm	一起做再循环工艺 @1.30-3pm	
一起玩乌克丽丽@11am-1pm [班级已满]	代际交流 - Singapore Polytechnic@2.30-4pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克丽丽 @12-1.15pm	代际交流 - Singapore Polytechnic@1-2.30pm	
一起跳华族舞@1.30-4.30pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	代际交流 - Singapore Polytechnic@2.30-4pm	代际交流 - Singapore Polytechnic@2.30-4pm	一起做椅子瑜伽@2-3pm [需付费]	
一起做 Piloxing @2-3pm [需付费]				一起做运动@3.15-4pm	
一起做运动@3.15-4pm					

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一起打太极@8.30-9.30am (441凉亭)	一起做运动 (坐式)@9.15-10am	服务 - 社区保健站@9-5pm	一起打太极@8.30-9.30am (438 凉亭)	一起线上做运动@9.15-10am (拉力带)	代际交流 - Bukit Batok Secondary School@10am-12pm
一起做运动@9.15-10am (水瓶活动)	一起做运动 (坐式)@10-10.45am	一起做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am(球)	一起来makan - F4@10-11am	
一起线上做运动@10-10.45am (水瓶活动)	一起学英文-中级@10-11am [班级已满]	一起做日本和谐粉彩@9.30-10.30am	一起做防跌运动@9.45-10.45am	一起跳排舞(IL)@10-11am	
一起做钩针编织@10am-12pm	一起学马来文-初级@11am-12pm	一起线上做运动@10-10.45am (拳击)	服务 - 理发@10am- 1pm	一起线上做运动@10-10.45am (拉力带)	
一起玩乌克丽丽@11am-1pm [班级已满]	一起做拼布工艺@1.30-4pm	一起玩音乐-陶笛@11am-12pm	一起做运动 (坐式)@10.30-11.30am (球)	一起做再循环工艺@1.30-3pm	
一起跳华族舞@1.30-4.30pm	Let's Say No To Frailty @2-4pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克丽丽@11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
一起做 Piloxing @2-3pm [需付费]		一起玩音乐-乌克丽丽@12-1.15pm	一起做运动@3.15-4pm		
代际交流 - Yuan Ching Secondary School @2-4.30pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起来唱歌@3-5pm	一起做CrossFit@3-4pm		

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一起打太极@8.30-9.30am (441凉亭)	一起做运动 (坐式)@9.15-10am	服务 - 社区保健站@9-5pm	一起打太极@8.30-9.30am (438凉亭)		
一起做运动@9.15-10am (水瓶活动)	一起做运动 (坐式)@10-10.45am	一起做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am(球)		
一起线上做运动@10-10.45am (水瓶活动)	一起学英文-中级 @10-11am [班级已满]	一起做日本和谐粉彩 @9.30-10.30am	一起做防跌运动 @9.45-10.45am		
一起做钩针编织@10am-12pm	一起学马来文-初级 @11am-12pm	一起线上做运动 @10-10.45am (拳击)	一起做运动 (坐式)@10.30-11.30am (球)		
一起玩乌克兰丽丽@11am-1pm [班级已满]	一起做拼布工艺 @1.30-4pm	一起去Gai Gai Bollywood Veggies @9.30am-1pm	一起玩音乐-乌克兰丽丽 @11am-12pm		
一起跳华族舞@1.30-4.30pm	Let's Say No To Frailty @2-4pm	一起玩音乐-陶笛 @11am-12pm	一起玩音乐-乌克兰丽丽 @12-1.15pm		
一起做 Piloxing @2-3pm [需付费]		一起做瑜伽提斯@2-3pm			
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