

2025 August

Requires Registration

 **Centre Name:** AACC (Bukit Batok West)
 **Centre Address:** Blk 439 Bukit Batok West Ave 8 #02-01 S.650439
 **Centre Contact:** 69705829 / 81632705



MON	TUE	WED	THU	FRI	SAT
				1	2
				Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
				Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
				Let's Line Dance (IL)@10-11am	
				Let's Level Up Malay@11am-12pm [FULL]	
				Strategise with Kakis - Rummy O@1.30-3pm	
				Let's Do Recycle Art@1.30-3pm	
				Let's Do Chair Yoga@2-3pm	
4	5	6	7	8	9
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (CHAIROBICS)	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	National Day
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)		Let's Do Seated Exercise@9.15-10.15am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
Let's Gen Together - MyFirstSkool@10-11am	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Rolling Programme@9.45-10.45am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10.30-11.30am	Let's Level Up Malay@11am-12pm [FULL]	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Do Patchwork @1.30-4pm	Let's Gen Together - NYP@10-11am	Let's Play Music With Ukulele@11am-12pm	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's KTV Together @2-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Recycle Art@1.30-3pm	
Let's Do Piloxing @2-3pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm	Let's Gen Together - ACS(Independent) @2-3pm	Let's Do Chair Yoga@2-3pm	
			Let's CrossFit @3-4pm		

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

11	12	13	14	15	16
Centre Closed	Let's Exercise With Razak On Zoom@9.15-10am (FUN DANCE)	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	Let's Go Gai Gai (The Sheng Siong Show)@6-10pm
	Let's Exercise With Razak On Zoom@10-10.45am (FUN DANCE)	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
	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	Centre Closed @ 1pm
	Let's Pick Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Services - Haircut services @10am-1pm	Let's Level Up Malay@11am-12pm [FULL]	
	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Do Seated Exercise@10.30-11.30am		
	Let's Learn To Sing@2-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@11am-12pm		
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Celebrate Birthday@2-4pm [By Invitation Only]	Let's Play Music With Ukulele@12-1.15pm		
			Let's CrossFit @3-4pm		

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MON

TUE

WED

THU

FRI

SAT

18	19	20	21	22	23
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (CHAIROBICS)	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@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 Line Dance (IL)@10-11am	
	Let's Pick Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)		Let's Level Up Malay@11am-12pm [FULL]	
Let's Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Do Seated Exercise@10.30-11.30am	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's KTV Together @2-4pm	Let's Yogalates @2-3pm	Digital - IMDA Go-Digital - Workshop@11am-12.30pm		
			Let's Play Music With Ukulele@11am-12pm	Let's Do Chair Yoga@2-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm		Let's Play Music With Ukulele@12-1.15pm	Let's Talk About Dengue Prevention (EL)@2-3pm	
Let's Do Piloxing @2-3pm			Let's Gen Together - ACS(Independent) @2-3pm	Let's Talk About Dengue Prevention (CL)@3-4pm	
		Let's CrossFit @3-4pm			

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

25	26	27	28	29	30
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (FUN DANCE)	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (FUN DANCE)	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@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 Line Dance (IL)@10-11am	
	Let's Pick Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am	Let's Level Up Malay@11am-12pm [FULL]	
Let's Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Services - Haircut services @10am-1pm	Strategise with Kakis - Rummy O@1.30-3pm	
			Let's Play Music With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Learn To Sing@2-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Chinese Dance@1.30-4.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm		Let's CALM @1.30-4pm	Let's Do Chair Yoga@2-3pm	
Let's Do Piloxing @2-3pm			Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
				1	2
				一起跟Razak线上做运动@9.15-10am (RESISTANCE BAND)	
				一起跟Razak线上做运动@10-10.45am (RESISTANCE BAND)	
				一起跳排舞(IL)@10-11am	
				一起学马来文-中级@11am-12pm [班级已满]	
				游戏时间 - Rummy O@1.30-3pm	
				一起做再循环工艺@1.30-3pm	
				一起做椅子瑜伽@2-3pm	
4	5	6	7	8	9
一起打太极@8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @9.15-10am(CHAIROBICS)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	一起跟Razak线上做运动@9.15-10am (RESISTANCE BAND)	国庆日
一起跟Razak线上做运动@9.15-10am (WATER BOTTLE)	一起跟Razak线上做运动 @10-10.45am (CHAIROBICS)		一起做运动 (坐式)@9.15-10.15am	一起跟Razak线上做运动@10-10.45am (RESISTANCE BAND)	
代际交流 - MyFirstSkool@10-11am	一起学英文-中级@10-11am [班级已满]	一起跟Razak线上做运动@9.15-10am (BOXING)	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 [班级已满]	一起做日本和谐粉彩@9.30-10.30am	一起做运动 (坐式)@10.30-11.30am	一起学马来文-中级@11am-12pm [班级已满]	
一起玩乌克兰丽丽@11am-1pm [班级已满]	一起做拼布工艺@1.30-4pm	一起跟Razak线上做运动@10-10.45am (BOXING)	一起玩音乐-乌克兰丽丽@11am-12pm [班级已满]	游戏时间 - Rummy O@1.30-3pm	
一起跳华族舞@1.30-4.30pm	一起来K歌 @2-4pm	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做再循环工艺@1.30-3pm	
一起做 Piloxing @2-3pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm	一起做瑜伽提斯@2-3pm	代际交流 - ACS(Independent) @2-3pm	一起做椅子瑜伽@2-3pm	
			一起做CrossFit@3-4pm		

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

11	12	13	14	15	16
中心休业	一起跟Razak线上做运动 @9.15-10am(FUN DANCE)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	一起跟Razak线上做运动@9.15-10am (RESISTANCE BAND)	一起去 Gai Gai (缤纷万千在昇菘) @6-10pm
	一起跟Razak线上做运动 @10-10.45am (FUN DANCE)	一起跟Razak线上做运动@9.15-10am (BOXING)	一起做运动 (坐式)@9.15-10.15am	一起跟Razak线上做运动@10-10.45am (RESISTANCE BAND)	
	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	中心休业 @ 1pm
	一起学马来文-初级 @11am-12pm [班级已满]	一起跟Razak线上做运动@10-10.45am (BOXING)	服务 - 理发@10am- 1pm	一起学马来文-中级@11am-12pm [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		
	一起来唱歌@2-4pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰丽丽@11am-12pm [班级已满]		
	一起做钢铁拳击(精简版)(只限男性) @3.30-4.30pm	一起来庆生@2-4pm [仅限邀请]	一起玩音乐-乌克兰丽丽@12-1.15pm		
			一起做CrossFit@3-4pm		

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18	19	20	21	22	23
一起打太极@8.30-9.30am (441 凉亭)	一起跟Razak线上做运动@9.15-10am(CHAIROBICS)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	一起跟Razak线上做运动@9.15-10am (RESISTANCE BAND)	
一起跟Razak线上做运动@9.15-10am (WATER BOTTLE)	一起跟Razak线上做运动@10-10.45am (CHAIROBICS)	一起跟Razak线上做运动@9.15-10am (BOXING)	一起做运动 (坐式)@9.15-10.15am	一起跟Razak线上做运动@10-10.45am (RESISTANCE BAND)	
一起跟Razak线上做运动@10-10.45am (WATER BOTTLE)	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	
	一起学马来文-初级@11am-12pm [班级已满]	一起跟Razak线上做运动@10-10.45am (BOXING)		一起学马来文-中级@11am-12pm [班级已满]	
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	一起做运动 (坐式)@10.30-11.30am	游戏时间 - Rummy O@1.30-3pm	
一起玩乌克兰丽丽@11am-1pm [班级已满]	一起来K歌 @2-4pm		资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@11am-12.30pm		
一起跳华族舞@1.30-4.30pm			一起玩音乐-乌克兰丽丽@11am-12pm [班级已满]	一起做再循环工艺@1.30-3pm	
一起做 Piloxing @2-3pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做椅子瑜伽@2-3pm	
			代际交流 - ACS(Independent) @3-4pm	一起来谈 (预防骨痛热症) (英)@2-3pm	
			一起做CrossFit@3-4pm	一起来谈 (预防骨痛热症) (中)@3-4pm	

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25	26	27	28	29	30
一起打太极@8.30-9.30am (441 凉亭)	一起跟Razak线上做运动@9.15-10am(FUN DANCE)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	一起跟Razak线上做运动@9.15-10am (RESISTANCE BAND)	
一起跟Razak线上做运动@9.15-10am (WATER BOTTLE)	一起跟Razak线上做运动@10-10.45am (FUN DANCE)	一起跟Razak线上做运动@9.15-10am (BOXING)	一起做运动 (坐式)@9.15-10.15am	一起跟Razak线上做运动@10-10.45am (RESISTANCE BAND)	
一起跟Razak线上做运动@10-10.45am (WATER BOTTLE)	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	
	一起学马来文-初级@11am-12pm [班级已满]	一起跟Razak线上做运动@10-10.45am (BOXING)	一起做运动 (坐式)@10.30-11.30am	一起学马来文-中级@11am-12pm [班级已满]	
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	服务 - 理发@10am- 1pm	游戏时间 - Rummy O@1.30-3pm	
一起玩乌克兰丽丽@11am-1pm [班级已满]			一起玩音乐-乌克兰丽丽@11am-12pm [班级已满]	一起做再循环工艺@1.30-3pm	
一起跳华族舞@1.30-4.30pm		一起来唱歌@2-4pm	一起做瑜伽提斯@2-3pm		
一起做 Piloxing @2-3pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm	一起做防肌肉萎缩运动 @1.30-4pm			
		一起做CrossFit@3-4pm			

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