

2026 August

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

MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl @9.30am-12pm	Let's Go Gai Gai to Abbot Factory@8.30am-1pm (T&C apply)	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Do Seated Exercise@9.15-10am (RESISTANCE BAND)	
Let's Do Seated Exercise@9.15-10am (WATER BOTTLE)	Let's Do Seated Exercise@9.15-10am	Community Health Post@9-5pm	Let's Do Seated Exercise@9.15-10am	Let's Makan Together - F4 @10-11am	
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)	Let's Gen Together - MyFirstSkool@10-11am	Let's Do Seated Exercise@9.15-10am (BOXING)	Let's Do Rolling Programme@9.45-10.45am	Let's Line Dance (IL)@10-11am	
Let's Gen Together - Creative O@10am-12pm	Let's Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10-10.45am	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)	Let's Play Music With Guitar@11am-12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.30pm		
Let's Chinese Dance@1.30-3.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Yogalates @2-3pm	Strategise with Kakis (Chess)@2-3.15pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]	Let's Go Gai Gai to Gardens By The Bay@1.30-5.30pm (T&C apply)	Let's KTV Together @3-5pm	Let's CrossFit @3.15-4pm	Let's Gen Together - Nanyang Polytechnic@2-3.30pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Centre Closed (National Day)	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 (RESISTANCE BAND)	
	Let's Do Seated Exercise@10-10.45am	Let's Do Seated Exercise@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10am	Let's Makan Together - F4 @10-11am	
	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 Do Seated Exercise@10-10.45am (BOXING)	Haircut services @10-11.30am	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
	Let's Do Patchwork @1.30-4pm	Let's Walking Football@10am-12pm	Let's Do Seated Exercise@10-10.45am	Let's Do Chair Yoga@2-3pm [Paid Session]	
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Guitar@11am-12pm		
		Let's Yogalates @2-3pm	Centre Closed @ 12pm		
		Let's Learn To Sing@3-5pm			

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
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 (RESISTANCE BAND)	
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@9.15-10am	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 Line Dance (IL)@10-11am	
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@10-10.45am	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
Let's Jam With Ukulele@11am-12pm [FULL]	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Guitar@11am-12pm		
Let's Chinese Dance@1.30-3.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.30pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Do Piloxing @1.30-2.30pm [Paid Session]		Let's KTV Together @3-5pm	Strategise with Kakis (Chess)@2-3.15pm	Let's Celebrate Birthday@2-4pm [By Invitation Only]	
			Let's CrossFit @3.15-4pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
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 (RESISTANCE BAND)	
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@9.15-10am	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 Line Dance (IL)@10-11am	
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 Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Do Patchwork @1.30-4pm	Let's Walking Football@10am-12pm	Let's Do Seated Exercise@10-10.45am	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Chinese Dance@1.30-3.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Guitar@11am-12pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]		Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.30pm		
		Let's Learn To Sing@3-5pm	Air Liquide Do Good at BBW @2-4.30pm		
			Let's CrossFit @3.15-4pm		
31					
Let's Taichi@8.30-9.30am (441 Pavillion)					
Let's Do Seated Exercise@9.15-10am (WATER BOTTLE)					
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)					
Let's Do Crochet@10am-12pm					
Let's Jam With Ukulele@11am-1pm [FULL]					
Let's Chinese Dance@1.30-3.30pm					
Let's Do Piloxing @1.30-2.30pm [Paid Session]					

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起打太极@8.30-9.30am (441 凉亭)	一起打保龄球 @9.30am-12pm	一起去 Abbot Factory@8.30am-1pm (T&C apply)	一起打太极@8.30-9.30am (438 凉亭)	一起做运动@9.15-10am (拉力带)	
一起做运动@9.15-10am (水瓶活动)	一起做运动 (坐式)@9.15-10am	服务 - 社区保健站@9-5pm	一起做运动 (坐式)@9.15-10am	一起来makan - F4@10-11am	
一起线上做运动@10-10.45am (水瓶活动)	代际交流 - MyFirstSkool@10-11am	一起做运动@9.15-10am (拳击)	一起做防跌运动@9.45-10.45am	一起跳排舞(IL)@10-11am	
代际交流 - Creative O@10am-12pm	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	一起做运动 (坐式)@10-10.45am	一起线上做运动@10-10.45am (拉力带)	
一起做钩针编织@10am-12pm	一起学马来文-初级 @11am-12pm[班级已满]	一起线上做运动@10-10.45am (拳击)	一起玩音乐-吉他@11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
一起玩乌克兰丽丽@11am-1pm [班级已满]	一起做拼布工艺@1.30-4pm	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽 @12-1.30pm		
一起跳华族舞@1.30-3.30pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起做瑜伽提斯@2-3pm	游戏时间 (国际象棋)@2-3.15pm		
一起做 Piloxing @1.30-2.30pm [需付费]	一起去 Gardens By The Bay@1.30-5.30pm (T&C apply)	一起来K歌 @3-5pm	一起做CrossFit@3.15-4pm	代际交流 - Nanyang Polytechnic@2-3.30pm	

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
中心休业 (国庆日)	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 (拉力带)	
	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)@9.15-10am	一起来makan - F4@10-11am	
	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]	一起线上做运动@10-10.45am (拳击)	服务 - 理发@10 - 11.30am	一起线上做运动@10-10.45am (拉力带)	
	一起做拼布工艺@1.30-4pm	一起来踢球@10am-12pm	一起做运动 (坐式)@10-10.45am	一起做椅子瑜伽@2-3pm [需付费]	
	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起玩音乐-陶笛@11am-12pm	一起玩音乐-吉他@11am-12pm		
		一起做瑜伽提斯@2-3pm	中心休业 @ 12pm		
	一起来唱歌@3-5pm				

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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 (拉力带)	
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)@9.15-10am	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[班级已满]	一起线上做运动@10-10.45am (拳击)	一起做运动 (坐式)@10-10.45am	一起线上做运动@10-10.45am (拉力带)	
一起玩乌克兰丽丽@11am-1pm [班级已满]	一起做拼布工艺@1.30-4pm	一起玩音乐-陶笛@11am-12pm	一起玩音乐-吉他@11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
一起跳华族舞@1.30-3.30pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰丽丽@12-1.30pm		
一起做 Piloxing @1.30-2.30pm [需付费]		一起来K歌 @3-5pm	游戏时间 (国际象棋)@2-3.15pm	一起来庆生@2-4pm [仅限邀请]	
	一起做CrossFit@3.15-4pm				

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
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 (拉力带)	
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)@9.15-10am	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[班级已满]	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)	
一起玩乌克兰丽丽@11am-1pm [班级已满]	一起做拼布工艺@1.30-4pm	一起来踢球@10am-12pm	一起做运动 (坐式)@10-10.45am		
一起跳华族舞@1.30-3.30pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起玩音乐-陶笛@11am-12pm	一起玩音乐-吉他@11am-12pm		
一起做 Piloxing @1.30-2.30pm [需付费]		一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰丽丽@12-1.30pm	一起做椅子瑜伽@2-3pm [需付费]	
		一起来唱歌@3-5pm	Air Liquide 与 BBW 活跃乐龄中心同乐 @2-4.30pm		
			一起做CrossFit@3.15-4pm		
31					
一起打太极@8.30-9.30am (441 凉亭)					
一起做运动@9.15-10am (水瓶活动)					
一起线上做运动@10-10.45am (水瓶活动)					
一起做钩针编织@10am-12pm					
一起玩乌克兰丽丽@11am-1pm [班级已满]					
一起跳华族舞@1.30-3.30pm					
一起做 Piloxing @1.30-2.30pm [需付费]					

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