2026 Nov

Requires Registration

Centre Name: AACC (Bukit Batok West)
Centre Address: Blk 439 Bukit Batok West Ave 8 #02-01 S650439
Centre Contact: 6970 5829 / 8163 2705



MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl @9.30am-12pm	Community Health Post @9am-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@9.15-10am	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 Gen Together - MyFirstSkool@10-11am	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 Level Up English@10-11am [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-1pm [FULL]	Let's Pick Up Malay@11am-12pm [FULL]	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Guitar@11am-12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Chinese Dance@1.30-3.30pm	Let's Do Patchwork @1.30-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.30pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's KTV Together @3-5pm	Let's Gen Together -River Valley Primary@1.30-3.30pm		

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Centre Closed (Deepavali)	Let's Do Seated Exercise@9.15-10am	Services - Wellness - CHP@9am-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)	Let's Do Seated Exercise@10-10.45am	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
	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 Do Chair Yoga@2-3pm [Paid Session]	
	Let's Learn to Write Songs @2-3.15pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.30pm		
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	HSA Do Good at BBW @2-4pm	Strategise with Kakis (Chess)@2-3.15pm		
			Let's CrossFit @3.15-4pm		

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Taichi@8.30-9.30am (441 Pavillion)	Centre Closed	Community Health Post @9am-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@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 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 (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-1pm [FULL]		Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Guitar@11am-12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Chinese Dance@1.30-3.30pm		Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.30pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]		Let's KTV Together @3-5pm	Let's Gen Together - Swiss Cottage Secondary School @2-4pm		
			Let's CrossFit @3.15-4pm		

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Community Health Post @9am-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-1pm [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 Do Chair Yoga@2-3pm [Paid Session]	
Let's Chinese Dance@1.30-3.30pm	Let's Learn to Write Songs @2-3.15pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.30pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's KTV Together @3-5pm	Strategise with Kakis (Chess)@2-3.15pm Let's CrossFit @3.15-4pm		

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MON	TUE	WED	THU	FRI	SAT
30					
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
2	3	4	5	6	7
一起打太极@8.30-9.30am (441 凉亭)	一起打保龄球 @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	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)	代际交流 - MyFirstSkool@10-11am	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	一起学英文-中级 @10-11am [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)	
一起玩乌克丽丽@11am-1pm [班级已满]	一起学马来文-初级 @11am-12pm[班级已满]	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	一起做拼布工艺 @1.30-4pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克丽丽 @12-1.30pm		
一起做 Piloxing @1.30-2.30pm [需付费]	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起来K歌 @3-5pm	代际交流 - River Valley Primary@1.30-3.30pm		

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
中心休业 (屠妖节)	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)	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]	
	一起学写歌@2-3.15pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克丽丽 @12-1.30pm		
	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	HSA 与 BBW 活跃乐龄中心同乐 @2-4pm	游戏时间 (国际象棋)@2-3.15pm		
			一起做CrossFit@3.15-4pm		

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16	17	18	19	20	21
一起打太极@8.30-9.30am (441 凉亭)	中心休业	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@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)	
一起玩乌克丽丽@11am-1pm [班级已满]		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		一起做瑜伽提斯@2-3pm	一起玩音乐-乌克丽丽@12-1.30pm		
一起做 Piloxing @1.30-2.30pm [需付费]		一起来K歌 @3-5pm	代际交流 - Swiss Cottage Secondary School @2-4pm		
			一起做CrossFit@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	一起学写歌@2-3.15pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克丽丽 @12-1.30pm		
一起做 Piloxing @1.30-2.30pm [需付费]	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起来K歌 @3-5pm	游戏时间 (国际象棋)@2-3.15pm 一起做CrossFit@3.15-4pm		

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MON	TUE	WED	THU	FRI	SAT
30					
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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