

2026 February

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
2	3	4	5	6	7
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 Gen Together - Creative O@9am-12pm	Let's Bowl @9.30am-12pm	Let's Exercise - Live Stream@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am (BALL)	Let's Makan Together - F4 @10-11am	
Let's Exercise - Live Stream@9.15-10am (WATER BOTTLE)	Let's Do Seated Exercise@9.15-10am		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 Do Seated Exercise@10-10.45am		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 Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Jam With Ukulele@11am-12pm	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Pick Up Malay@11am-12pm [FULL]		Let's Jam With Ukulele@12-1.15pm	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's Do Patchwork @1.30-4pm	Let's Jam With Ocarina@11am-12pm	Let's CrossFit @3-4pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Do Piloxing @2-3pm [Paid Session]	Let's KTV Together @2-4pm	Let's Yogalates @2-3pm		Let's Adaptive Sports@3.15-4pm	
Let's Adaptive Sports@3.15-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]				

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Services - Wellness - CHP@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 - St. Joseph's Instituition@10-11am	Let's Gen Together - MyFirstSkool@10-11am	Let's Exercise - Live Stream@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@9.15-10am (WATER BOTTLE)			Services - Haircut services @10am-1pm	Let's Line Dance (IL)@10-11am	
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)			Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10.30-11.30am	
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Exercise - Live Stream@10-10.45am (BOXING)	Let's Play Music With Ukulele@11am-12pm	Centre Closed from 12 pm	
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@12-1.15pm		
Let's Chinese Dance@1.30-4.30pm	Let's Learn To Sing@2-4pm	Let's Yogalates @2-3pm	Digital - IMDA Go-Digital - Workshop@2pm-4pm		
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Celebrate Birthday@2-4pm [By Invitation Only]			
Let's Adaptive Sports@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 (Chinese New Year)		Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise - Live Stream@9.15-10am (RESISTANCE BAND)	
Let's Exercise - Live Stream@9.15-10am (WATER BOTTLE)			Let's Do Seated Exercise@9.15-10.15am (BALL)	Let's Makan Together - F4 @10-11am	
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)			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@10.30-11.30am (BALL)	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
Let's Jam With Ukulele@11am-1pm [FULL]			Let's Jam With Ukulele@11am-12pm	Strategise with Kakis - Rummy O@1.30-3pm	
Centre Closed from 1pm			Let's Jam With Ukulele@12-1.15pm	Let's Do Recycle Art@1.30-3pm	
			Let's CrossFit @3-4pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
				Let's Gen Together - JWSS@2.30-4pm	

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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 @9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise - Live Stream@9.15-10am (RESISTANCE BAND)	
Let's Exercise - Live Stream@9.15-10am (WATER BOTTLE)	Let's Do Seated Exercise@10-10.45am		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 Exercise - Live Stream@9.15-10am (BOXING)	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]		Haircut services @10am-1pm	Let's Line Dance (IL)@10-11am	
Let's Jam With Ukulele@11am-1pm [FULL]		Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10.30-11.30am	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's Do Patchwork @1.30-4pm		Let's Jam With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
Let's Do Piloxing @2-3pm [Paid Session]	Let's Learn To Sing@2-4pm	Let's Exercise - Live Stream@10-10.45am (BOXING)	Let's Jam With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Adaptive Sports@3.15-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Jam With Ocarina@11am-12pm	Let's Go Gai Gai @1-4.30pm [By Invitation Only]	Let's Adaptive Sports@3.15-4pm	
		Let's Yogalates @2-3pm	Let's CrossFit @3-4pm		

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2	3	4	5	6	7
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)	
代际交流 - Creative O@9am-12pm	一起打保龄球 @9.30am-12pm	一起线上做运动@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@9.15-10am (水瓶活动)	一起做运动 (坐式)@9.15-10am		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)	一起做运动 (坐式)@10-10.45am	一起做日本和谐粉彩@9.30-10.30am	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	一起学英文-中级@10-11am [班级已满]		一起玩音乐-乌克兰丽丽@11am-12pm	游戏时间 - Rummy O@1.30-3pm	
一起玩乌克兰丽丽@11am-1pm [班级已满]	一起学马来文-初级@11am-12pm	一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做再循环工艺@1.30-3pm	
一起跳华族舞@1.30-4.30pm	一起做拼布工艺@1.30-4pm	一起玩音乐-陶笛@11am-12pm	一起做CrossFit@3-4pm	一起做椅子瑜伽@2-3pm [需付费]	
一起做 Piloxing @2-3pm [需付费]	一起来K歌 @2-4pm	一起做瑜伽提斯@2-3pm		一起做运动@3.15-4pm	
一起做运动@3.15-4pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]				

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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)	中心休业 @ 12pm
代际交流 - St. Joseph's Institution@10-11am	代际交流 - MyFirstSkool@10-11am	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am	一起来makan - F4@10-11am	
一起线上做运动@9.15-10am (水瓶活动)		一起做日本和谐粉彩@9.30-10.30am	服务 - 理发@10am- 1pm	一起跳排舞(IL)@10-11am	
一起线上做运动@10-10.45am (水瓶活动)	一起学英文-中级@10-11am [班级已满]		一起做运动 (坐式)@10.30-11.30am	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	一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰丽丽@11am-12pm	中心休业 @ 12pm	
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@12-1.15pm		
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	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@2pm-4pm		
一起做 Piloxing @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]	一起来庆生@2-4pm [仅限邀请]	一起做CrossFit@3-4pm		
一起做运动@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 (农历新年)		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)	
一起线上做运动@9.15-10am (水瓶活动)			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)@10.30-11.30am (球)	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]			一起玩音乐-乌克兰丽丽@11am-12pm	游戏时间 - Rummy O@1.30-3pm	
中心休业 @ 1pm			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CrossFit@3-4pm	一起做椅子瑜伽@2-3pm [需付费] 代际交流 - JWSS@2.30-4pm	

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23	24	25	26	27	28
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)	
一起线上做运动@9.15-10am (水瓶活动)	一起做运动 (坐式)@10-10.45am	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am	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		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	一起做运动 (坐式)@10.30-11.30am		游戏时间 - Rummy O@1.30-3pm	
一起跳华族舞@1.30-4.30pm		一起玩音乐-乌克兰丽丽@11am-12pm		一起做再循环工艺@1.30-3pm	
一起做 Piloxing @2-3pm [需付费]	一起来唱歌@2-4pm	一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做椅子瑜伽@2-3pm [需付费]	
一起做运动@3.15-4pm	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	一起去Gai Gai @1-4.30pm [仅限邀请]	
		一起做瑜伽提斯@2-3pm	一起做CrossFit@3-4pm		

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