

2025 July

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Bowl (Male Exclusive)@9.30am-12pm	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 (CHAIROBICS)	HAPPY Programme @9-10am (469A)	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 (CHAIROBICS)	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 Level Up English@10-11am [FULL]	Let's Bowl @9.30am-12pm	Let's Do Seated Exercise@10.30-11.30am	Let's Level Up Malay@11am-12pm [FULL]	
	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Play Music With Ukulele@11am-12pm	Strategise with Kakis - Rummy O@1.30-3pm	
	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Play Music With Ukulele@12-1.15pm	Let's Do Recycle Art@1.30-3pm	
	Let's KTV Together @2-4pm	Let's Play Music With Ocarina@11am-12pm	Let's CrossFit @3-4pm	Let's Do Chair Yoga@2-3pm	
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Gen Together - Westwood Secondary @2.30-4.30pm	Let's Gen Together - Raffles Girls' Primary @3-4pm		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 July

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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)	HAPPY Programme @9-10am (469A)	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 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	
Steady Lah! @10-11.30am	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Nagomi Art @9.30-10.30am	Services - Haircut services @10am-1pm	Let's Level Up Malay@11am-12pm [FULL]	
Let's Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm	Let's Learn To Sing@2-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm	
Let's Do Piloxing @2-3pm		Let's Celebrate Birthday@2-4pm [By Invitation Only]	Let's Gen Together - ACS(Independent) @3-4pm Let's CrossFit @3-4pm	Let's Gen Together - CHIJ St. Theresa's Convent @2.30-4pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 July

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT	
14	15	16	17	18	19	
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)	Stay Well Series - Health Talk by RHS (EL) @9-10.15am		
Active Generation Programme @ Jurong Point @9-11.30am	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	Stay Well Series - Health Talk by RHS (CL) @10.30-11.45am		
Let's Exercise With Razak On Zoom@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 Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)		
Let's Gen Together - MyFirstSkool@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 Line Dance (IL)@10-11am		
Steady Lah! @10-11.30am	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@11am-12pm	Let's Level Up Malay@11am-12pm [FULL]		
Let's Do Crochet@10am-12pm	Let's KTV Together @2-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm	Strategise with Kakis - Rummy O@1.30-3pm		
Let's Jam With Ukulele@11am-1pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm		Dave and Friends Do Good at BBW @1.30-3.30pm	Let's Do Recycle Art@1.30-3pm		
ActiveX WAC Learning Journey @ 1-5pm				Let's Do Chair Yoga@2-3pm		
Let's Chinese Dance@1.30-4.30pm				Let's CrossFit @3-4pm		Let's Gen Together -CHIJ St. Theresa's Convent @2.30-4pm
Let's Do Piloxing @2-3pm						

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 July

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



NTUC Health

MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
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	
Steady Lah! @10-11.30am	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 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	Let's Learn To Sing@2-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	SkillsFuture Workshop @2-4pm	Let's Play Music With Ukulele@12-1.15pm	Sing Tec Do Good at BBW @2-4pm (By invitation only)	
Let's Do Piloxing @2-3pm			Let's CrossFit @3-4pm		
28	29	30	31		
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 (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 (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		
Steady Lah! @10-11.30am	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 Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@11am-12pm		
Let's Jam With Ukulele@11am-1pm	Let's KTV Together @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 CrossFit @3-4pm		
Let's Do Piloxing @2-3pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 七月

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起打保龄球 (只限男性)@9.30am-12pm	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(CHAIROBICS)	HAPPY Programme @9-10am (469A)	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 (CHAIROBICS)	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	
	一起学英文-中级@10-11am [班级已满]	一起打保龄球 @9.30am-12pm	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	一起玩音乐-乌克丽丽@11am-12pm	游戏时间 - Rummy O@1.30-3pm	
	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-乌克丽丽@12-1.15pm	一起做再循环工艺@1.30-3pm	
	一起来K歌 @2-4pm	一起玩音乐-陶笛@11am-12pm	一起做CrossFit@3-4pm	一起做椅子瑜伽@2-3pm	
	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 - Raffles Girls' Primary @3-4pm		
	代际交流 - Westwood Secondary @2.30-4.30pm				

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 七月

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
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)	HAPPY Programme @9-10am (469A)	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	
Steady Lah! @10-11.30am	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	服务 - 理发@10am- 1pm	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	一起跟Razak线上做运动@10-10.45am (BOXING)	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	一起来唱歌@2-4pm	一起玩音乐-陶笛@11am-12pm	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	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	
一起做 Piloxing @2-3pm		一起来庆生@2-4pm [仅限邀请]	代际交流 - ACS(Independent) @3-4pm 一起做CrossFit@3-4pm	代际交流 - CHIJ St. Theresa's Convent @2.30-4pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 七月

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
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)	保健系列 - 健康讲座 (EL) @9-10.15am	
活跃乐龄学习之旅@ 裕廊坊@9-11.30am	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	保健系列 - 健康讲座 (CL) @10.30-11.45am	
一起跟Razak线上做运动@9.15-10am (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	一起跟Razak线上做运动@9.15-10am (RESISTANCE BAND)	
代际交流 - MyFirstSkool@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	一起跳排舞(IL)@10-11am	
Steady Lah! @10-11.30am	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@11am-12pm	一起学马来文-中级@11am-12pm [班级已满]	
一起做钩针编织@10am-12pm	一起来K歌 @2-4pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰丽丽@12-1.15pm	游戏时间 - Rummy O@1.30-3pm	
一起玩乌克兰丽丽@11am-1pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm		Dave and Friends 与 BBW 活跃乐龄中心同乐 @1.30-3.30pm	一起做再循环工艺@1.30-3pm	
ActiveX WAC 学习之旅 @ 1-5pm				一起做椅子瑜伽@2-3pm	
一起跳华族舞@1.30-4.30pm					
一起做 Piloxing @2-3pm				一起做CrossFit@3-4pm	

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

2025 七月

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



ntuc Health

MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26
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	
Steady Lah! @10-11.30am	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	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	一起做再循环工艺@1.30-3pm	
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	技能创前程计划工作坊 @2-4pm	一起玩音乐-乌克兰丽丽@12-1.15pm	Sing Tec 与 BBW 活跃乐龄中心同乐@2-4pm (仅限邀请)	
一起做Piloxing @2-3pm			一起做CrossFit@3-4pm		
28	29	30	31		
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 (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(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		
Steady Lah! @10-11.30am	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-乌克兰丽丽@11am-12pm		
一起玩乌克兰丽丽@11am-1pm	一起来K歌 @2-4pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰丽丽@12-1.15pm		
一起跳华族舞e@1.30-4.30pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm		一起做CrossFit@3-4pm		
一起做 Piloxing @2-3pm					

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利, 恕不另行通知。