




# 2025 June

 **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

2	3	4	5	6	7
Let's Gen Together @8-11am (Bukit View Secondary)	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 Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am (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@9.15-10am (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	
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)	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]	
Steady Lah! @10-11.30am	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Play Music With Ukulele@11am-12pm	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Do Crochet@10am-12pm	Let's Learn To Sing@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 Jam With Ukulele@11am-1pm			Let's CrossFit @3-4pm	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 Jam With Ukulele@1.30-2.30pm		NUHS Do Good at BBW @2-4pm (By invitation only)	
		Let's Yogalates @2-3pm			

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MON

TUE

WED

THU

FRI

SAT

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**Centre Closed**

16

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21

9	10	11	12	13	14
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 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 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 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 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 KTV Together @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 Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Jam With Ukulele@1.30-2.30pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm	
		Let's Yogalates @2-3pm	Let's CrossFit @3-4pm		
16	17	18	19	20	21
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)	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 Gen Together - MyFirstSkool@9.30-10.30am	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 Exercise With Razak On Zoom@10-10.45am (BOXING)	Digital - IMDA Go-Digital - Workshop@11am-12.30pm	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm	Let's KTV Together @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 Jam With Ukulele@1.30-2.30pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm	
		Let's Yogalates @2-3pm	Dave and Friends Do Good at BBW @1.30-3.30pm		
		Centre Close @ 4pm (Internal Event)	Let's CrossFit @3-4pm		

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**ntuc Health**

MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
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)	<b>Centre Closed (Internal Event)</b>	
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 (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		
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 Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Play Music With Ukulele@11am-12pm		
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@12-1.15pm		
Let's Chinese Dance@1.30-4.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Jam With Ukulele@1.30-2.30pm Let's Yogalates @2-3pm	Let's CrossFit @3-4pm		
30					
Let's Taichi@8.30-9.30am (441 Pavillion)					
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)					
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)					
Steady Lah! @10-11.30am					
Let's Do Crochet@10am-12pm					
Let's Jam With Ukulele@11am-1pm					
Let's Chinese Dance@1.30-4.30pm					

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2025 六月

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
代际交流 @8-11am (Bukit View Secondary)	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)	
一起打太极@8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @10-10.45am (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@9.15-10am (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	
一起跟Razak线上做运动 @10-10.45am(WATER BOTTLE)	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]	
Steady Lah! @10-11.30am	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@11am-12pm	游戏时间 - Rummy O@1.30-3pm	
一起做钩针编织@10am-12pm	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@12-1.15pm	一起做再循环工艺@1.30-3pm	
一起玩乌克兰丽@11am-1pm			一起做CrossFit@3-4pm	一起做椅子瑜伽@2-3pm	
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	一起玩乌克兰丽@1.30-2.30pm		一起做CrossFit@3-4pm	
		一起做瑜伽提斯@2-3pm			

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
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	
	一起来K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	
	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm	一起玩乌克兰丽丽@1.30-2.30pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做椅子瑜伽@2-3pm	
		一起做瑜伽提斯@2-3pm	一起做CrossFit@3-4pm		
16	17	18	19	20	21
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)	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]	代际交流 - MyFirstSkool@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)	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@11am-12.30pm	游戏时间 - Rummy O@1.30-3pm	
一起玩乌克兰丽丽@11am-1pm	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@11am-12pm	一起做再循环工艺@1.30-3pm	
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	一起玩乌克兰丽丽@1.30-2.30pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做椅子瑜伽@2-3pm	
		一起做瑜伽提斯@2-3pm	Dave and Friends 与 BBW 活跃乐龄中心同乐 @1.30-3.30pm		
		中心 4pm 休业 (内部活动)	一起做CrossFit@3-4pm		

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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(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		
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		
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	一起玩乌克兰丽丽@1.30-2.30pm 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CrossFit@3-4pm		
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 (WATER BOTTLE)					
一起跟Razak线上做运动@10-10.45am(WATER BOTTLE)					
Steady Lah! @10-11.30am					
一起做钩针编织@10am-12pm					
一起玩乌克兰丽丽@11am-1pm					
一起跳华族舞e@1.30-4.30pm					

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