




# 2026 June

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



**ntuc Health**




MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
<p style="text-align: center;"><b>Centre Closed (Vesak Day)</b></p>	Let's Bowl @9.30am-12pm	Community Health Post @9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Gen Together - National Junior College@8am-12pm	
	Let's Do Seated Exercise@9.15-10am	Let's Do Seated Exercise@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am	Let's Do Seated Exercise@9.15-10am (RESISTANCE BAND)	
	Let's Do Seated Exercise@10-10.45am	Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45am	Let's Makan Together - F4 @10-11am	
	Let's Level Up English@10-11am [FULL]	Let's Do Seated Exercise@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am	Let's Line Dance (IL)@10-11am	
	Let's Pick Up Malay@11am-12pm [FULL]	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@11am-12pm	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
	Let's Do Patchwork @1.30-4pm	Let's Gen Together @1.30-4pm (Bukit View Secondary)	Let's Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
	Let's Say No To Frailty @2-4pm	Let's Yogalates @2-3pm	Let's Gen Together - National Junior College@2-3.30pm	Let's Gen Together - National Junior College@2-3.30pm	
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's KTV Together @3-5pm	Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
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	Senior National Games @9am-1pm	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 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 Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Nagomi Art @9.30-10.30am	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 Do Seated Exercise@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Chinese Dance@1.30-3.30pm	Let's Say No To Frailty @2-4pm	Let's Walking Football@10am-12pm	Let's Play Music With Ukulele@11am-12pm	Let's Talk About LPA by SMU Law School (EL)@2-3pm	
Let's Do Piloxing @1.30-2.30pm [Paid Session]		Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Adaptive Sports@3.15-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Yogalates @2-3pm	Let's CrossFit @3-4pm	Let's Talk About LPA by SMU Law School (CL)@3.30-4.30pm	
		Let's Learn To Sing@3-5pm			

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MON

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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@9.15-10.15am (BALL)	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 Gen Together - MyFirstSkool@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 Makan Together @11am-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 Do Patchwork @1.30-4pm	Let's Do Seated Exercise@10-10.45am (BOXING)	Let's Play Music With Ukulele@11am-12pm		
Let's Chinese Dance@1.30-3.30pm	Let's Say No To Frailty @2-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Do Piloxing @1.30-2.30pm [Paid Session]		Let's Yogalates @2-3pm	Let's Celebrate Birthday@2-4pm [By Invitation Only]		
Let's Adaptive Sports@3.15-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's KTV Together @3-5pm	Let's CrossFit @3-4pm		

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MON

TUE

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SAT

22	23	24	25	26	27
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Community Health Post @9-5pm	Let's Go Gai Gai - Duck Tours@8.15am-1pm (T&C apply)	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 Taichi@8.30-9.30am (438 Pavillion)	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 Seated Exercise@9.15-10.15am	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 Rolling Programme@9.45-10.45am	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 Walking Football@10am-12pm	Haircut services @10am-1pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]	Let's Say No To Frailty @2-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Do Seated Exercise@10.30-11.30am	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Gen Together - National Junior College@2-3.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Makan Together @11am-12pm	Let's Play Music With Ukulele@11am-12pm	Let's Gen Together - National Junior College@2-3.30pm	
Let's Adaptive Sports@3.15-4pm		Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
		Let's Learn To Sing@3-5pm	Let's CrossFit @3-4pm		

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29	30				
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am				
Let's Do Seated Exercise@9.15-10am (WATER BOTTLE)	Let's Do Seated Exercise@10-10.45am				
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)	Let's Level Up English@10-11am [FULL]				
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]				
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Do Patchwork @1.30-4pm				
Let's Chinese Dance@1.30-3.30pm	Let's Say No To Frailty @2-4pm				
Let's Do Piloxing @1.30-2.30pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]				

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# 2026 六月

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SAT

1	2	3	4	5	6
中心休业 (卫塞节)	一起做保龄球 @9.30am-12pm	服务 - 社区保健站@9-5pm	一起做运动@8.30-9.30am (438凉亭)	代际交流 - 国家初级学院 @8am-12pm	
	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)@9.15-10.15am	一起做运动@9.15-10am (拉力带)	
	一起做运动 (坐式)@10-10.45am	一起做日本和谐粉彩 @9.30-10.30am	一起做防跌运动@9.45-10.45am	一起来makan - F4@10-11am	
	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)@10.30-11.30am	一起跳排舞(IL)@10-11am	
	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-乌克丽丽 @11am-12pm	一起线上做运动@10-10.45am (拉力带)	
	一起做拼布工艺@1.30-4pm	代际交流 @1.30-4pm (Bukit View Secondary)	一起玩音乐-乌克丽丽 @12-1.15pm	一起做椅子瑜伽@2-3pm [需付费]	
	Let's Say No To Frailty @2-4pm	一起做瑜伽提斯@2-3pm	代际交流 - 国家初级学院 @2-3.30pm	代际交流 - 国家初级学院 @2-3.30pm	
	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起来K歌 @3-5pm	一起做CrossFit@3-4pm		

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8	9	10	11	12	13
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	Senior National Games @9am-1pm	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	
一起做钩针编织@10am-12pm	一起学马来文-初级@11am-12pm[班级已满]	一起做日本和谐粉彩@9.30-10.30am	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	一起线上做运动@10-10.45am (拳击)	一起做运动 (坐式)@10.30-11.30am	一起做椅子瑜伽@2-3pm [需付费]	
一起跳华族舞@1.30-4.30pm	Let's Say No To Frailty @2-4pm	一起来踢球@10am-12pm	一起玩音乐-乌克兰丽丽@11am-12pm	Let's Talk About LPA by SMU Law School (EL)@2-3pm	
一起做 Piloxing @1.30-2.30pm [需付费]		一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@12-1.15pm		
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]	一起做瑜伽提斯@2-3pm	一起做CrossFit@3-4pm	Let's Talk About LPA by SMU Law School (CL)@3.30-4.30pm	
		一起来唱歌@3-5pm			

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15	16	17	18	19	20
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)@9.15-10.15am	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]	代际交流 - MyFirstSkool@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)@10.30-11.30am	一起线上做运动@10-10.45am (拉力带)	
一起玩乌克兰@11am-1pm [班级已满]	一起做拼布工艺@1.30-4pm	一起来makan@11am-12pm	一起玩音乐-乌克兰@11am-12pm		
一起跳华族舞@1.30-4.30pm	Let's Say No To Frailty @2-4pm	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰@12-1.15pm	一起做椅子瑜伽@2-3pm [需付费]	
一起做 Piloxing @1.30-2.30pm [需付费]		一起做瑜伽提斯@2-3pm	一起来庆生@2-4pm [仅限邀请]		
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]	一起来K歌 @3-5pm	一起做CrossFit@3-4pm		

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22	23	24	25	26	27
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	一起去 Duck Tours@8.15am-1pm (T&C apply)	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)	一起打太极@8.30-9.30am (438 凉亭)	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	一起做运动 (坐式)@9.15-10.15am	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)	一起做防跌运动@9.45-10.45am	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	一起来踢球@10am-12pm	服务 - 理发@10am- 1pm		
一起做 Piloxing @1.30-2.30pm [需付费]	Let's Say No To Frailty @2-4pm	一起来makan@11am-12pm	一起做运动 (坐式)@10.30-11.30am	一起做椅子瑜伽@2-3pm [需付费]	
代际交流 - 国家初级学院 @2-3.30pm	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-乌克兰丽丽@11am-12pm		
一起做运动@3.15-4pm		一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰丽丽@12-1.15pm	代际交流 - 国家初级学院@2-3.30pm	
		一起来唱歌 @3-5pm	一起做CrossFit@3-4pm		

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29	30				
一起打太极@8.30-9.30am (441凉亭)	一起做运动 (坐式)@9.15-10am				
一起做运动@9.15-10am (水瓶活动)	一起做运动 (坐式)@10-10.45am				
一起线上做运动@10-10.45am (水瓶活动)	一起学英文-中级@10-11am [班级已满]				
一起做钩针编织@10am-12pm	一起学马来文-初级@11am-12pm[班级已满]				
一起玩乌克兰丽丽@11am-1pm [班级已满]	一起做拼布工艺@1.30-4pm				
一起跳华族舞@1.30-4.30pm	Let's Say No To Frailty @2-4pm				
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]				
一起做运动@3.15-4pm					

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