




2025 May

 **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
			Labour Day (Public Holiday)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
				Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
				Let's Line Dance (IL)@10-11am	
				Strategise with Kakis - Rummy O@1.30-3pm	
				Let's Do Recycle Art@1.30-3pm	
				Rolling Good Times @2-3.30pm	
5	6	7	8	9	10
Centre Closed	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 (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 (FUN DANCE)	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 Do Nagomi Art @9.30-10.30am	Services - Haircut services @10am-1pm	Strategise with Kakis - Rummy O@1.30-3pm	
	Let's Do Patchwork @1.30-4pm	Let's Bowl @9.30am-12pm	Let's Do Seated Exercise@10.30-11.30am	Let's Do Recycle Art@1.30-3pm	
	Let's KTV Together @2-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Play Music With Ukulele@12-1.15pm	Rolling Good Times @2-3.30pm	
	Rolling Good Times @2-3.30pm	Let's Play Music With Ocarina@11am-12pm	Let's CrossFit @3-4pm		
	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 Celebrate Birthday@2-4pm [By Invitation Only]				

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
Vesak Day (Public Holiday)	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@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 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 Do Patchwork @1.30-4pm	Let's Gen Together - MyFirstSkool@9.30-10.30am	Let's Do Seated Exercise@10.30-11.30am	Strategise with Kakis - Rummy O@1.30-3pm	
	Let's Learn To Sing@2-4pm	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 Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Play Music With Ocarina@11am-12pm	Let's Gen Together - ACS(I) @2-3pm	Let's Gen Together - Creative O@1.30-3pm	
		Let's Jam With Ukulele@1.30-2.30pm	Let's CrossFit @3-4pm		
		Let's Yogalates @2-3pm			

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
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 KTV Together @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 Chinese Dance@1.30-3pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Jam With Ukulele@1.30-2.30pm	Let's CrossFit @3-4pm	Let's Gen Together - Creative O@1.30-3pm	
Let's Chinese Dance(Beginner)@3.30-4.30pm		Let's Yogalates @2-3pm			

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MON	TUE	WED	THU	FRI	SAT
26	27	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 (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 Do Nagomi Art @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)	Let's Play Music With Ukulele@12-1.15pm	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm	Nutrition Workshop @2.30-4.30pm	Let's Play Music With Ocarina@11am-12pm	Let's CrossFit @3-4pm	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-3pm	Let's Gen Together - Hua Yi Secondary@2-4pm	Let's Jam With Ukulele@1.30-2.30pm			
Let's Gen Together - Hua Yi Secondary@2-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm			
Let's Chinese Dance(Beginner)@3.30-4.30pm					

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MON	TUE	WED	THU	FRI	SAT
			1	2	3
			劳动节 (公共假期)	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 (RESISTANCE BAND)	
				一起跳排舞(IL)@10-11am	
				游戏时间 - Rummy O@1.30-3pm	
				一起做再循环工艺@1.30-3pm	
				防跌课程Rolling Good Times@2-3.30pm	
5	6	7	8	9	10
中心休业	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(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 (FUN DANCE)	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]	一起做日本和谐粉彩@9.30-10.30am	服务 - 理发@10am- 1pm	游戏时间 - Rummy O@1.30-3pm	
	一起做拼布工艺@1.30-4pm	一起打保龄球 @9.30am-12pm	一起做运动 (坐式)@10.30-11.30am	一起做再循环工艺@1.30-3pm	
	一起来K歌 @2-4pm	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		
	防跌课程Rolling Good Times@2-3.30pm	一起玩音乐-陶笛@11am-12pm	一起做CrossFit@3-4pm	防跌课程Rolling Good Times@2-3.30pm	
	一起做钢铁拳击(精简版)(只限男性) @3.30-4.30pm	一起玩乌克丽丽@1.30-2.30pm			
		一起做瑜伽提斯@2-3pm			
		一起来庆生@2-4pm [仅限邀请]			

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MON	TUE	WED	THU	FRI	SAT
12	13	14	15	16	17
卫塞节 (公共假期)	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 @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	
	一起做拼布工艺@1.30-4pm	代际交流 - MyFirstSkool@9.30-10.30am	一起做运动 (坐式)@10.30-11.30am	游戏时间 - Rummy O@1.30-3pm	
	一起来唱歌@2-4pm	一起跟Razak线上做运动@10-10.45am (BOXING)	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做再循环工艺@1.30-3pm	
	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm	一起玩音乐-陶笛@11am-12pm	代际交流 - ACS(I)@2-3pm	代际交流 - Creative O@1.30-3pm	
		一起玩乌克兰丽丽@1.30-2.30pm	一起做CrossFit@3-4pm		
		一起做瑜伽提斯@2-3pm			

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19	20	21	22	23	24
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-中级@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-初级@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K歌 @2-4pm	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做再循环工艺@1.30-3pm	
一起跳华族舞@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	一起做CrossFit@3-4pm	代际交流 - Creative O@1.30-3pm	
一起跳华族舞(初学者)@3.30-4.30pm		一起做瑜伽提斯@2-3pm			

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26	27	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 (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-中级@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-初级@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	营养工作坊@2.30-4.30pm	一起玩音乐-陶笛@11am-12pm	一起做CrossFit@3-4pm	一起做再循环工艺@1.30-3pm	
一起跳华族舞@1.30-3pm	代际交流 - Hua Yi Secondary@2-4pm	一起玩乌克兰丽丽@1.30-2.30pm			
代际交流 - Hua Yi Secondary@2-4pm	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			
一起跳华族舞(初学者)@3.30-4.30pm					

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