

2025 May

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
				Centre Closed (Labour Day)	
4	5	6	7	8	9
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl @9.30am-12pm	Community Health Post @9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Centre Closed (Internal Event)	
Let's Do Seated Exercise@9.15-10am (WATER BOTTLE)	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 Exercise - Live Stream@10-10.45am (WATER BOTTLE)	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 Do Crochet@10am-12pm	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 Jam With Ukulele@11am-1pm [FULL]	Let's Pick Up Malay@11am-12pm [FULL]	Let's Walking Football@10am-12pm	Let's Play Music With Ukulele@11am-12pm		
Let's Chinese Dance@1.30-4.30pm	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 Do Piloxing @2-3pm [Paid Session]	Let's Say No To Frailty @2-4pm	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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ntuc Health

MON

TUE

WED

THU

FRI

SAT



11	12	13	14	15	16
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Let's Go Gai Gai to Hay Dairies Goat Farm@8.30am-2pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Do Seated Exercise@9.15-10am (RESISTANCE BAND)	
	Let's Do Seated Exercise@10-10.45am	Services - Wellness - CHP@9-5pm	Let's Do Seated Exercise@9.15-10.15am (BALL)	Let's Makan Together - F4 @10-11am	
Let's Do Seated Exercise@9.15-10am (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 Exercise - Live Stream@10-10.45am (WATER BOTTLE)	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 Do Crochet@10am-12pm	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 (BALL)	Let's Do Recycle Art@1.30-3pm	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Say No To Frailty @2-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@11am-12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Chinese Dance@1.30-4.30pm		Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm	Let's Gen Together - Hua Yi Secondary School@3-4pm	
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Learn To Sing@3-5pm	Let's CrossFit @3-4pm		
Let's Adaptive Sports@3.15-4pm					

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MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23
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	Let's Makan Together - F4 @10-11am	
Let's Go Gai Gai to Duck Tours@9.30am-1pm	Let's Gen Together - MyFirstSkool@10-11am	Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45am	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
	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 Exercise - Live Stream@10-10.45am (WATER BOTTLE)	Let's Pick Up Malay@11am-12pm [FULL]	Let's Walking Football@10am-12pm	Let's Play Music With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
Let's Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Centre Closed from 12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Say No To Frailty @2-4pm	Let's Yogalates @2-3pm			
Let's Chinese Dance@1.30-4.30pm					
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's KTV Together @3-5pm		Let's Gen Together - Hua Yi Secondary School@3-4pm	
Let's Adaptive Sports@3.15-4pm					

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Gen Together - Creative 'O' @9-12pm	Centre Closed (Hari Raya Haji)	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@9.15-10am		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 Seated Exercise@10-10.45am		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 Level Up English@10-11am [FULL]		Services - Haircut services @10am-1pm	Let's Line Dance (IL)@10-11am	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Pick Up Malay@11am-12pm [FULL]		Let's Do Seated Exercise@10.30-11.30am (BALL)	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 Play Music With Ukulele@11am-12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Dave and Friends Do Good at BBW @1.30-3.30pm	Let's Say No To Frailty @2-4pm		Let's Play Music With Ukulele@12-1.15pm		
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]		Let's CrossFit @3-4pm	Let's Adaptive Sports@3.15-4pm	

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MON

TUE

WED

THU

FRI

SAT

				1	2
				中心休业 (劳动节)	
4	5	6	7	8	9
一起打太极@8.30-9.30am (441 凉亭)	一起打保龄球 @9.30am-12pm	服务 - 社区保健站@9-5pm	一起打太极@8.30-9.30am (438 凉亭)	中心休业	
一起做运动@9.15-10am (水瓶活动)	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	一起做防跌运动@9.45-10.45am		
一起做钩针编织@10am-12pm	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		
一起玩乌克兰舞@11am-1pm [班级已满]	一起学马来文-初级 @11am-12pm[班级已满]	一起来踢球@10am-12pm	一起玩音乐-乌克兰舞@11am-12pm		
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	一起玩音乐-乌克兰舞@12-1.15pm		
一起做 Piloxing @2-3pm [需付费]	Let's Say No To Frailty @2-4pm	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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11	12	13	14	15	16
一起打太极@8.30-9.30am (441 凉亭)	一起做运动 (坐式)@9.15-10am	一起去 Hay Dairies Goat Farm@8.30am-2pm	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 (坐式)@10-10.45am	服务 - 社区保健站@9-5pm	一起做运动 (坐式)@9.15-10.15am(球)	一起来makan - F4@10-11am	
一起做运动@9.15-10am (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	
一起线上做运动@10-10.45am (水瓶活动)	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)	
一起做钩针编织@10am-12pm	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 (球)	一起做再循环工艺@1.30-3pm	
一起玩乌克兰丽丽@11am-1pm [班级已满]	Let's Say No To Frailty @2-4pm	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
一起跳华族舞@1.30-4.30pm		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 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]	一起来唱歌@3-5pm	一起做CrossFit@3-4pm	代际交流 - Hua Yi Secondary School@3-4pm	
一起做运动@3.15-4pm					

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18	19	20	21	22	23
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	
一起去 Duck Tours@9.30am-1pm	代际交流 - MyFirstSkool@10-11am	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	
	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	一起线上做运动@10-10.45am (拉力带)	
一起线上做运动@10-10.45am (水瓶活动)	一起学马来文-初级 @11am-12pm[班级已满]	一起来踢球 @10am-12pm	一起玩音乐-乌克丽丽 @11am-12pm	一起做再循环工艺@1.30-3pm	
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	中心休业 @ 12pm	一起做椅子瑜伽 @2-3pm [需付费]	
一起玩乌克丽丽@11am-1pm [班级已满]	Let's Say No To Frailty @2-4pm	一起做瑜伽提斯 @2-3pm			
一起跳华族舞@1.30-4.30pm					
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K歌 @3-5pm		代际交流 - Hua Yi Secondary School@3-4pm	
一起做运动@3.15-4pm					

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MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30
一起打太极@8.30-9.30am (441 凉亭)	代际交流 - Creative 'O' 9am-12pm	中心休业 (哈芝节)	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)@9.15-10am		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)	一起做运动 (坐式)@10-10.45am		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	一起学英文-中级@10-11am [班级已满]		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]	一起学马来文-初级@11am-12pm[班级已满]		一起做运动 (坐式)@10.30-11.30am (球)	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-乌克兰丽丽@11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
Dave and Friends 与 BBW 活跃乐龄中心同乐 @1.30-3.30pm	Let's Say No To Frailty @2-4pm		一起玩音乐-乌克兰丽丽@12-1.15pm		
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]		一起做CrossFit@3-4pm	一起做运动@3.15-4pm	

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