

2026 September

 **Centre Name:** AACC (Bukit Batok West)
 **Centre Address:** Blk 439 Bukit Batok West Ave 8 #02-01 S650439
 **Centre Contact:** 69705829 / 81632705



 NTUC Health

Requires Registration

MON

TUE

WED

THU

FRI

SAT

1

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4

5

Let's Bowl @9.30am-12pm

Community Health Post
@9am-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

Let's Do Seated
Exercise@9.15-10am
(BOXING)

Let's Do Seated
Exercise@9.15-10am

Let's Makan Together - F4
@10-11am

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 Line Dance
(IL)@10-11am

Let's Level Up
English@10-11am [FULL]

Let's Do Seated
Exercise@10-10.45am
(BOXING)

Let's Do Seated
Exercise@10-10.45am

Let's Exercise - Live
Stream@10-10.45am
(RESISTANCE BAND)

Let's Go Gai Gai -
Sea Regatta
@7.15am-1pm

Let's Pick Up
Malay@11am-12pm [FULL]

Let's Play Music With
Ocarina@11am-12pm

Let's Play Music With
Guitar@11am-12pm

Let's Do Patchwork
@1.30-4pm

Let's Yogalates @2-3pm

Let's Play Music With
Ukulele@12-1.30pm

Let's Do Chair
Yoga@2-3pm [Paid
Session]

Let's Steel Combat (Male
Exclusive) @3.30-4.30pm
[Paid Session]

Let's KTV Together
@3-5pm

Strategise with Kakis
(Chess)@2-3.15pm

Let's CrossFit @3.15-4pm

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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。

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MON	TUE	WED	THU	FRI	SAT
7	8	9	10	11	12
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Community Health Post @9am-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@9.15-10am	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 Rolling Programme@9.45-10.45am	Let's Line Dance (IL)@10-11am	
Let's Gen Together - Creative O@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Seated Exercise@10-10.45am (BOXING)	Let's Do Seated Exercise@10-10.45am	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 Walking Football@10am-12pm	Let's Play Music With Guitar@11am-12pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Jam With Ukulele@11am-12pm [FULL]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.30pm		
Let's Chinese Dance@1.30-3.30pm		Let's Yogalates @2-3pm	Strategise with Kakis (Chess)@2-3.15pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]		Let's Learn To Sing@3-5pm	Let's CrossFit @3.15-4pm		

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Let's Taichi@8.30-9.30am (441 Pavillion)

Let's Do Seated Exercise@9.15-10am

Community Health Post @9am-5pm

Let's Taichi@8.30-9.30am (438 Pavillion)

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@9.15-10am

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 Rolling Programme@9.45-10.45am

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 Seated Exercise@10-10.45am

Let's Jam With Ukulele@11am-12pm [FULL]

Let's Do Patchwork @1.30-4pm

Let's Walking Football@10am-12pm

Let's Play Music With Guitar@11am-12pm

Let's Chinese Dance@1.30-3.30pm

Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]

Let's Play Music With Ocarina@11am-12pm

Let's Play Music With Ukulele@12-1.30pm

Let's Do Piloxing @1.30-2.30pm [Paid Session]

Let's Yogalates @2-3pm

Strategise with Kakis (Chess)@2-3.15pm

Let's Celebrate Birthday@2-4pm [By Invitation Only]

Let's CrossFit @3.15-4pm

Centre Closed

Functional Screening @ 9am-12.30pm

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Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Community Health Post @9am-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 Gen Together - MyFirstSkool@10-11am	Let's Do Seated Exercise@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10am	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 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 Seated Exercise@10-10.45am (BOXING)	Let's Do Seated Exercise@10-10.45am	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	Let's Play Music With Guitar@11am-12pm		
Let's Chinese Dance@1.30-3.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@12-1.30pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Do Piloxing @1.30-2.30pm [Paid Session]		Let's Yogalates @2-3pm	Strategise with Kakis (Chess)@2-3.15pm	South32 Do Good at BBW @2-4.30pm	
		Let's Learn To Sing@3-5pm	Let's CrossFit @3.15-4pm		

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28

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Let's Taichi@8.30-9.30am (441 Pavillion)

Let's Do Seated Exercise@9.15-10am

Community Health Post @9am-5pm

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 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 Crochet@10am-12pm

Let's Pick Up Malay@11am-12pm [FULL]

Let's Do Seated Exercise@10-10.45am (BOXING)

Let's Jam With Ukulele@11am-1pm [FULL]

Let's Do Patchwork @1.30-4pm

Let's Play Music With Ocarina@11am-12pm

Let's Chinese Dance@1.30-3.30pm

Let's Do Piloxing @1.30-2.30pm [Paid Session]

Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]

Let's Yogalates @2-3pm

Let's Learn To Sing@3-5pm

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2026 九月

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	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)	一起做运动@9.15-10am (拉力带)	一起去 Gai Gai@7.15am-1pm
	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) @9.15-10am	一起来makan - F4@10-11am	
	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) @10-10.45am	一起线上做运动 @10-10.45am (拉力带)	
	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-吉他 @11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
	一起做拼布工艺 @1.30-4pm	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克丽丽 @12-1.30pm		
	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	游戏时间 (国际象棋) @2-3.15pm		
			一起做CrossFit@3.15-4pm		

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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)@9.15-10am	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	一起做防跌运动@9.45-10.45am	一起跳排舞(IL)@10-11am	
代际交流 - Creative O@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)@10-10.45am	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	一起来踢球@10am-12pm	一起玩音乐-吉他@11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
一起玩乌克兰丽丽@11am-1pm [班级已满]	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@12-1.30pm		
一起跳华族舞@1.30-3.30pm		一起做瑜伽提斯@2-3pm	游戏时间 (国际象棋)@2-3.15pm		
一起做 Piloxing @1.30-2.30pm [需付费]		一起来唱歌@3-5pm	一起做CrossFit@3.15-4pm		

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WED

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SAT

14

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19

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 (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)@9.15-10am

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

一起做防跌运动
@9.45-10.45am

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)@10-10.45am

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

一起玩音乐-吉他
@11am-12pm

一起跳华族舞@1.30-3.30pm

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
@12-1.30pm

一起做 Piloxing
@1.30-2.30pm [需付费]

一起做瑜伽提斯@2-3pm

游戏时间 (国际象
棋)@2-3.15pm

一起来庆生@2-4pm
[仅限邀请]

一起做
CrossFit@3.15-4pm

中心休业

服务 - 健康检查
@9am-12.30pm

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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)

代际交流 -
MyFirstSkool@10-11am

一起做运动@9.15-10am (拳击)

一起做运动 (坐式)
@9.15-10am

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)
@10-10.45am

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

一起玩音乐-吉他
@11am-12pm

一起做椅子瑜伽@2-3pm [需付费]

一起跳华族舞@1.30-3.30pm

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
@12-1.30pm

一起做 Piloxing @1.30-2.30pm
[需付费]

一起做瑜伽提斯@2-3pm

游戏时间 (国际象棋)
@2-3.15pm

一起来唱歌@3-5pm

一起做CrossFit@3.15-4pm

South32 与 BBW 活跃乐龄中心同乐 @2-4.30pm

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28	29	30			
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)			
一起玩乌克丽丽@11am-1pm [班级已满]	一起做拼布工艺@1.30-4pm	一起玩音乐-陶笛@11am-12pm			
一起跳华族舞@1.30-3.30pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm [需付费]	一起做瑜伽提斯@2-3pm			
一起做 Piloxing @1.30-2.30pm [需付费]		一起来K歌 @3-5pm			

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