

2025 September

Requires Registration

 **Centre Name:** AACC (Bukit Batok West)
 **Centre Address:** Blk 439 Bukit Batok West Ave 8 #02-01 S.650439
 **Centre Contact:** 69705829 / 81632705



MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Taichi@8.30-9.30am (441 Pavillion)	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 (WATER BOTTLE)	Let's Exercise With Razak On Zoom@9.15-10am (FUN DANCE)	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am(BALL)	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 Exercise With Razak On Zoom@10-10.45am (FUN DANCE)	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 Bowl @9.30am-12pm	Let's Do Seated Exercise@10.30-11.30am (BALL)	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Play Music With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
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 Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Chinese Dance@1.30-4.30pm	Let's CALM @ 2-3pm	Let's Go Gai Gai with NHB @2-5pm	Let's CALM @ 2-3pm		
Let's Do Piloxing @2-3pm [Paid Session]	Let's Learn To Sing@2-4pm		Let's CrossFit @3-4pm		
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Yogalates @2-3pm			

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Requires Registration

MON

TUE

WED

THU

FRI

SAT

8	9	10	11	12	13
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)	Centre Closed	Services - Wellness - Functional Screening @ 9am-12.30pm
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)		Senior National Games @9am-1pm		
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 Seated Exercise@9.15-10.15am		
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45am		
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Services - Haircut services @10am-1pm		
Let's Chinese Dance@1.30-4.30pm	Let's CALM @ 2-3pm	Let's Play Music With Ocarina@11am-12pm	Let's Play Music With Ukulele@11am-12pm		
	Let's KTV Together @2-4pm	Let's Gen Together - Creative O@1.30pm-3pm	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 Yogalates @2-3pm	Let's CALM @ 2-3pm		
			Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
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)	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am (BALL)	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 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 Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am (BALL)	Strategise with Kakis - Rummy O@1.30-3pm	
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 Play Music With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's CALM @ 2-3pm	Let's Gen Together - Creative O@1.30pm-3pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
	Let's KTV Together @2-4pm		Let's CALM @ 2-3pm		
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Yogalates @2-3pm	Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
22	23	24	25	26	27
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)	Active Generation Programme @ Jurong Point @9-11.30am	
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
Let's Exercise With Razak On Zoom@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 Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Services - Haircut services @10am-1pm	Let's Line Dance (IL)@10-11am	
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 Do Seated Exercise@10.30-11.30am	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Chinese Dance@1.30-4.30pm	Let's CALM @ 2-3pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@11am-12pm	Let's Do Recycle Art@1.30-3pm	
Let's Do Piloxing @2-3pm [Paid Session]	Let's Learn To Sing@2-4pm	Let's Celebrate Midautumn Festival@2.30-4.30pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]		Let's CALM @ 2-3pm		
			Let's CrossFit @3-4pm		

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 NTUC Health

MON

TUE

WED

THU

FRI

SAT

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Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (FUN DANCE)				
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (FUN DANCE)				
Let's Gen Together - MyFirstSkool@10-11am	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@1.30-4.30pm	Let's CALM @ 2-3pm				
Let's Do Piloxing @2-3pm [Paid Session]	Let's KTV Together @3-5pm				
	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]				

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2025 九月

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MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6	
一起打太极@8.30-9.30am (441 凉亭)		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)		一起线上做运动@9.15-10am (拉力带)			
一起线上做运动@9.15-10am (水瓶活动)		一起跟Razak线上做运动 @9.15-10am(舞蹈)		一起线上做运动@9.15-10am (拳击)		一起做运动 (坐式)@9.15-10.15am (球)		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)		一起跟Razak线上做运动 @10-10.45am (舞蹈)		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]		一起打保龄球 @9.30am-12pm		一起做运动 (坐式)@10.30-11.30am(球)		游戏时间 - Rummy O@1.30-3pm			
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)		一起玩音乐-乌克兰丽@11am-12pm		一起做再循环工艺@1.30-3pm			
一起玩乌克兰丽@11am-1pm		一起做拼布工艺@1.30-4pm		一起玩音乐-陶笛@11am-12pm		一起玩音乐-乌克兰丽@12-1.15pm		一起做椅子瑜伽@2-3pm [需付费]			
一起跳华族舞@1.30-4.30pm		一起做防肌肉萎缩运动@ 2-3pm		一起和 (NHB) 去Gai Gai @2-5pm		一起做防肌肉萎缩运动@ 2-3pm					
一起做 Piloxing @2-3pm [需付费]		一起来唱歌@2-4pm				一起做CrossFit@3-4pm					
		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							

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8	9	10	11	12	13
一起打太极@8.30-9.30am (441 凉亭)	一起跟Razak线上做运动@9.15-10am (有氧运动)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	中心休业	服务 - 健康检查@9am-12.30pm
一起线上做运动@9.15-10am (水瓶活动)	一起跟Razak线上做运动@10-10.45am (有氧运动)		Senior National Games @9am-1pm		
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 (坐式)@9.15-10.15am		
	一起学马来文-初级@11am-12pm [班级已满]	一起线上做运动@9.15-10am (拳击)	一起做防跌运动@9.45-10.45am		
一起做钩针编织@10am-12pm	一起做拼布工艺@1.30-4pm	一起做日本和谐粉彩@9.30-10.30am	服务 - 理发@10am- 1pm		
一起玩乌克兰丽丽@11am-1pm	一起做防肌肉萎缩运动@ 2-3pm	一起线上做运动@10-10.45am (拳击)	一起做运动 (坐式)@10.30-11.30am		
一起跳华族舞@1.30-4.30pm	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 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]	代际交流 - Creative O@1.30pm-3pm	一起玩音乐-乌克兰丽丽@12-1.15pm		
		一起做瑜伽提斯@2-3pm	一起做防肌肉萎缩运动@ 2-3pm		
			一起做CrossFit@3-4pm		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
一起打太极@8.30-9.30am (441 凉亭)	一起跟Razak线上做运动@9.15-10am(舞蹈)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	一起线上做运动@9.15-10am (拉力带)	
一起线上做运动@9.15-10am (水瓶活动)	一起跟Razak线上做运动@10-10.45am (舞蹈)	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am (球)	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(球)	游戏时间 - Rummy O@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	一起玩音乐-乌克兰丽@11am-12pm	一起做再循环工艺@1.30-3pm	
一起玩乌克兰丽@11am-1pm	一起做防肌肉萎缩运动@ 2-3pm	代际交流 - Creative O@1.30pm-3pm	一起玩音乐-乌克兰丽@12-1.15pm	一起做椅子瑜伽@2-3pm [需付费]	
一起跳华族舞@1.30-4.30pm	一起来K歌 @2-4pm	一起做瑜伽提斯@2-3pm	一起做防肌肉萎缩运动@ 2-3pm		
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		

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22	23	24	25	26	27
一起打太极@8.30-9.30am (441 凉亭)	一起跟Razak线上做运动@9.15-10am (有氧运动)	服务 - 社区保健站@9am-12pm	一起打太极@8.30-9.30am (438 凉亭)	活跃乐龄学习之旅@ 裕廊坊@9-11.30am	
一起线上做运动@9.15-10am (水瓶活动)	一起跟Razak线上做运动@10-10.45am (有氧运动)	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am	一起线上做运动@9.15-10am (拉力带)	
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]	一起线上做运动@10-10.45am (拳击)	服务 - 理发@10am- 1pm	一起跳排舞(IL)@10-11am	
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	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	一起做防肌肉萎缩运动@ 2-3pm	一起做瑜伽提斯@2-3pm	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@1.30-4.30pm	一起来唱歌@2-4pm	Let's Celebrate Midautumn Festival@2.30-4.30pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做椅子瑜伽@2-3pm [需付费]	
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]		一起做防肌肉萎缩运动@ 2-3pm		
			一起做CrossFit@3-4pm		

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THU

FRI

SAT

29

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(舞蹈)

一起线上做运动@9.15-10am (水瓶活动)

一起跟Razak线上做运动@10-10.45am (舞蹈)

代际交流 - MyFirstSkool@10-11am

一起学英文-中级@10-11am [班级已满]

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

一起玩乌克兰丽丽@11am-1pm

一起做防肌肉萎缩运动@ 2-3pm

一起跳华族舞@1.30-4.30pm

一起来K歌 @3-5pm

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]

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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。