




2026 July

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
		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 (BOXING)	Let's Do Seated Exercise@9.15-10am	Let's Makan Together - F4 @10-11am	
		Let's Do Nagomi Art @9.30-10.30am	Let's Do Rolling Programme@9.45-10.45 am	Let's Line Dance (IL)@10-11am	
		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 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 Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
		Let's KTV Together @3-5pm	Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11
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)	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@9.15-10am (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 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 Gen Together - Creative O@10am-12pm	Let's Level Up English@10-11am [FULL]	Let's Do Seated Exercise@10-10.45am (BOXING)	Haircut services @10am-1pm	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
Let's Do Crochet@10am-12pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Walking Football@10am-12pm	Let's Do Seated Exercise@10-10.45am	Let's Do Chair Yoga@2-3pm [Paid Session]	
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 Gen Together - CHIJ St. Theresa's Convent@2.30-4.30pm	
Let's Chinese Dance@1.30-3.30pm	Let's Say No To Frailty @2-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]	Let's Gen Together - CHIJ St. Theresa's Convent@2.30-4.30pm	Let's Learn To Sing@3-5pm	Stay Well Series - Health Talk by SNSA@2-3.30pm		
Let's Adaptive Sports@3.15-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]		Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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 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-12pm [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 Chair Yoga@2-3pm [Paid Session]	
	Let's Say No To Frailty @2-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's KTV Together @3-5pm	Stay Well Series - Health Talk by SNSA@2-3.30pm	Let's Celebrate Birthday@2-4pm [By Invitation Only]	
			Let's CrossFit @3-4pm		

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MON 20	TUE 21	WED 22	THU 23	FRI 24	SAT 25
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@9.15-10am	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)	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 Walking Football@10am-12pm	Let's Do Seated Exercise@10-10.45am		
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@11am-12pm	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 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 Gen Together - Woodgrove Secondary School@2.30-4pm	Let's Talk About Say YES to Waste Less@2-3pm	Guardians Of The Green@2-3pm	
			Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
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@9.15-10am	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 Play Music With Ocarina@11am-12pm	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 Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Do Piloxing @1.30-2.30pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's KTV Together @3-5pm	Let's CrossFit @3-4pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Adaptive Sports@3.15-4pm					

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		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 (拳击)	一起做运动(坐式) @9.15-10am	一起来makan - F4@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)	
		一起玩音乐-陶笛 @11am-12pm	一起玩音乐-乌克兰丽 @11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
		一起做瑜伽提斯 @2-3pm	一起玩音乐-乌克兰丽 @12-1.15pm		
		一起来K歌 @3-5pm	一起做CrossFit@3-4pm		

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6	7	8	9	10	11
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)	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@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	
代际交流 - Creative O@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)	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	一起学马来文-初级 @11am-12pm[班级已满]	一起来踢球 @10am-12pm	一起做运动 (坐式)@10-10.45am	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-乌克兰丽丽 @11am-12pm		
一起跳华族舞@1.30-3.30pm	Let's Say No To Frailty @2-4pm	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 @1.30-2.30pm [需付费]	代际交流 - CHIJ St. Theresa's Convent@2.30-4.30pm		保健系列 - 健康讲座 SNSA@2-3.30pm	代际交流 - CHIJ St. Theresa's Convent@2.30-4.30pm	
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]	一起来唱歌 @3-5pm	一起做CrossFit@3-4pm		

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13	14	15	16	17	18
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)	
一起玩乌克丽丽 @11am-12pm [班级已满]	一起做拼布工艺 @1.30-4pm	一起玩音乐-陶笛 @11am-12pm	一起玩音乐-乌克丽丽 @11am-12pm	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	一起玩音乐-乌克丽丽 @12-1.15pm		
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]	一起来K歌 @3-5pm	保健系列 - 健康讲座 SNSA@2-3.30pm	一起来庆生@2-4pm [仅限邀请]	
			一起做CrossFit@3-4pm		

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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	
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)	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	一起来踢球@10am-12pm	一起做运动 (坐式)@10-10.45am		
一起跳华族舞@1.30-3.30pm	Let's Say No To Frailty @2-4pm	一起玩音乐-陶笛 @11am-12pm	一起玩音乐-乌克兰丽丽 @11am-12pm	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]	代际交流 - Woodgrove Secondary School@2.30-4pm	一起来谈 Say YES to Waste Less@2-3pm	环保活动 - 绿色护卫队 @2-3pm	
			一起做CrossFit@3-4pm		

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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	
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	一起玩音乐-陶笛 @11am-12pm	一起玩音乐-乌克兰丽丽 @11am-12pm		
一起跳华族舞 @1.30-3.30pm	Let's Say No To Frailty @2-4pm	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 @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]	一起来K歌 @3-5pm	一起做CrossFit@3-4pm	一起做椅子瑜伽@2-3pm [需付费]	
一起做运动@3.15-4pm					

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。