

2026 March

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



Requires Registration

MON

TUE

WED

THU

FRI

SAT

2	3	4	5	6	7
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl (Male Exclusive)@9.30am-12pm	Services - Wellness - CHP@9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Go Gai Gai with DBS@9am-1pm [By Invitation Only]	
Let's Exercise - Live Stream@9.15-10am (WATER BOTTLE)	Let's Bowl @9.30am-12pm	Let's Exercise - Live Stream@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am (BALL)		
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)	Let's Do Seated Exercise@9.15-10am		Let's Do Rolling Programme@9.45-10.45am	Let's Do Recycle Art@1.30-3pm	
Let's Do Crochet@10am-12pm	Let's Do Seated Exercise@10-10.45am	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10.30-11.30am (BALL)	Let's Do Chair Yoga@2-3pm [Paid Session]	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Level Up English@10-11am [FULL]		Let's Play Music With Ukulele@11am-12pm	Let's Adaptive Sports@3.15-4pm	
Let's Chinese Dance@1.30-4.30pm	Let's Pick Up Malay@11am-12pm [FULL]	Let's Exercise - Live Stream@10-10.45am (BOXING)	Let's Play Music With Ukulele@12-1.15pm	Senior Friendship Circle (Ifar)@6.30pm-8.30pm [By Invitation Only]	
Let's Do Piloxing @2-3pm [Paid Session]	Let's Do Patchwork @1.30-4pm	Let's Play Music With Ocarina@11am-12pm	Let's CrossFit @3-4pm		
Let's Adaptive Sports@3.15-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Yogalates @2-3pm			
		Let's KTV Together @3-5pm			

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。

2026 March

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



Requires Registration

MON

TUE

WED

THU

FRI

SAT

9	10	11	12	13	14
Let's Taichi@8.30-9.30am (441 Pavillion)	Centre Closed	Services - Wellness - CHP@9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise - Live Stream@9.15-10am (RESISTANCE BAND)	
Let's Exercise - Live Stream@9.15-10am (WATER BOTTLE)		Let's Exercise - Live Stream@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am	Let's Line Dance (IL)@10-11am	
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)		Let's Do Nagomi Art @9.30-10.30am	Services - Haircut services @10am-1pm		
Let's Do Crochet@10am-12pm			Let's Do Seated Exercise@10.30-11.30am	Let's Do Recycle Art@1.30-3pm	
Let's Jam With Ukulele@11am-1pm [FULL]		Let's Exercise - Live Stream@10-10.45am (BOXING)	Let's Play Music With Ukulele@11am-12pm		
Let's Chinese Dance@1.30-4.30pm		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 Do Piloxing @2-3pm [Paid Session]		Let's Yogalates @2-3pm	Let's CrossFit @3-4pm		
Let's Gen Together - Remainder@2-3pm		Let's Talk About Scams@3-4.30pm			Let's Adaptive Sports@3.15-4pm
Let's Adaptive Sports@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。

2026 March

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



Requires Registration

MON

TUE

WED

THU

FRI

SAT

16

17

18

19

20

21

Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am	Services - Wellness - CHP@9-5pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise - Live Stream@9.15-10am (RESISTANCE BAND)	
Let's Exercise - Live Stream@9.15-10am (WATER BOTTLE)	Let's Gen Together - MyFirstSkool@10-11am	Let's Exercise - Live Stream@9.15-10am (BOXING)	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 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 Level Up English@10-11am [FULL]	Let's Exercise - Live Stream@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am (BALL)	Let's Exercise - Live Stream@10-10.45am (RESISTANCE BAND)	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Pick Up Malay@11am-12pm [FULL]	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 Do Patchwork @1.30-4pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
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 CrossFit @3-4pm	Let's Adaptive Sports@3.15-4pm	
Let's Adaptive Sports@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。

2026 March

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



Requires Registration

MON

TUE

WED

THU

FRI

SAT

23

24

25

26

27

28

Let's Do Seated Exercise@9.15-10am

Services - Wellness - CHP@9-5pm

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

Let's Exercise - Live Stream@9.15-10am (RESISTANCE BAND)

Let's Do Seated Exercise@10-10.45am

Let's Exercise - Live Stream@9.15-10am (BOXING)

Let's Do Seated Exercise@9.15-10.15am

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

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 - Live Stream@10-10.45am (RESISTANCE BAND)

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

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

Services - Haircut services @10am-1pm

Let's Line Dance (IL)@10-11am

Centre Closed (Hari Raya Aidilfitri)

Let's Do Patchwork @1.30-4pm

Let's Jam With Ocarina@11am-12pm

Let's Do Seated Exercise@10.30-11.30am

Let's Do Recycle Art@1.30-3pm

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

Let's Yogalates @2-3pm

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

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

Let's Play Music With Ukulele@12-1.15pm

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

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。

2026 March

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



Requires Registration

MON

TUE

WED

THU

FRI

SAT

30	31				
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Do Seated Exercise@9.15-10am				
Let's Exercise - Live Stream@9.15-10am (WATER BOTTLE)	Let's Do Seated Exercise@10-10.45am				
Let's Exercise - Live Stream@10-10.45am (WATER BOTTLE)	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 Do Piloxing @2-3pm [Paid Session]					
Let's Adaptive Sports@3.15-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]				

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。

2026 三月

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



需预先报名

MON

TUE

WED

THU

FRI

SAT

2	3	4	5	6	7
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@9-5pm	一起打太极@8.30-9.30am (438 凉亭)	一起和 DBS 去Gai Gai@9am-1pm [仅限邀请]	
一起线上做运动@9.15-10am (水瓶活动)	一起打保龄球 @9.30am-12pm	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 (水瓶活动)	一起做运动 (坐式)@9.15-10am		一起做防跌运动@9.45-10.45am	一起做再循环工艺@1.30-3pm	
一起做钩针编织@10am-12pm	一起做运动 (坐式)@10-10.45am	一起做日本和谐粉彩@9.30-10.30am	一起做运动 (坐式)@10.30-11.30am (球)	一起做椅子瑜伽@2-3pm [需付费]	
一起玩乌克兰@11am-1pm [班级已满]	一起学英文-中级@10-11am [班级已满]		一起玩音乐-乌克兰@11am-12pm	一起做运动@3.15-4pm	
一起跳华族舞@1.30-4.30pm	一起学马来文-初级@11am-12pm	一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰@12-1.15pm	乐龄友谊圈 (Iftar)@6.30pm-8.30pm [仅限邀请]	
一起做 Piloxing @2-3pm [需付费]	一起做拼布工艺@1.30-4pm	一起玩音乐-陶笛@11am-12pm	一起做CrossFit@3-4pm		
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]	一起做瑜伽提斯@2-3pm			
		一起来K歌 @3-5pm			

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。

2026 三月

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



需预先报名

MON

TUE

WED

THU

FRI

SAT

9

10

11

12

13

14

9	10	11	12	13	14
一起打太极@8.30-9.30am (441 凉亭)	中心休业	服务 - 社区保健站@9-5pm	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)		一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am	一起跳排舞(IL)@10-11am	
一起线上做运动@10-10.45am (水瓶活动)		一起做日本和谐粉彩@9.30-10.30am	服务 - 理发@10am- 1pm	一起做再循环工艺@1.30-3pm	
一起做钩针编织@10am-12pm					一起做运动 (坐式)@10.30-11.30am
一起玩乌克兰@11am-1pm [班级已满]		一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰@11am-12pm	一起做椅子瑜伽@2-3pm [需付费]	
一起跳华族舞@1.30-4.30pm		一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰@12-1.15pm		
一起做 Piloxing @2-3pm [需付费]		一起做瑜伽提斯@2-3pm		一起做运动@3.15-4pm	
代际交流 - Remainder@2-3pm		一起来谈骗局@3-4.30pm	一起做CrossFit@3-4pm		
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。

2026 三月

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



需预先报名

MON

TUE

WED

THU

FRI

SAT

16

17

18

19

20

21

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)	代际交流 - MyFirstSkool@10-11am	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am(球)	一起来makan - F4@10-11am	
一起线上做运动@10-10.45am (水瓶活动)		一起做防跌运动@9.45-10.45am	一起做排舞(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]	一起做日本和谐粉彩@9.30-10.30am	一起做运动 (坐式)@10.30-11.30am (球)	一起线上做运动@10-10.45am (拉力带)	
一起玩乌克兰乐器@11am-1pm [班级已满]	一起学马来文-初级@11am-12pm	一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰乐器@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-乌克兰乐器@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]	一起做瑜伽提斯@2-3pm	一起做CrossFit@3-4pm		
一起做运动@3.15-4pm		一起来K歌 @3-5pm		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。

2026 三月

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



需预先报名

MON

TUE

WED

THU

FRI

SAT

23	24	25	26	27	28
中心休业 (开斋节)	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)	一起线上做运动@9.15-10am (拉力带)	
	一起做运动 (坐式)@10-10.45am	一起线上做运动@9.15-10am (拳击)	一起做运动 (坐式)@9.15-10.15am	一起来makan - F4@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	一起跳排舞(IL)@10-11am	
	一起学马来文-初级@11am-12pm		一起做运动 (坐式)@10.30-11.30am	一起线上做运动@10-10.45am (拉力带)	
	一起做拼布工艺@1.30-4pm	一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰@11am-12pm	一起做再循环工艺@1.30-3pm	
	一起来庆生@2-4pm [仅限邀请]	一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰@12-1.15pm	一起做椅子瑜伽@2-3pm [需付费]	
		一起做瑜伽提斯@2-3pm			
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	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。

2026 三月

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



需预先报名

MON

TUE

WED

THU

FRI

SAT

30	31				
一起打太极@8.30-9.30am (441 凉亭)	一起做运动 (坐式)@9.15-10am				
一起线上做运动@9.15-10am (水瓶活动)	一起做运动 (坐式)@10-10.45am				
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]				
一起做钩针编织@10am-12pm	一起学马来文-初级@11am-12pm				
一起玩乌克兰丽丽@11am-1pm [班级已满]	一起做拼布工艺@1.30-4pm				
一起跳华族舞@1.30-4.30pm					
一起做 Piloxing @2-3pm [需付费]					
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]				

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。