

2025 November

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



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl (Male Exclusive)@9.30am-12pm	Services - Wellness - CHP@9-6pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (RESISTANCE BAND)	
HAPPY Programme @9.30-10.30am (469A)	Let's Bowl @9.30am-12pm	Steady Lah! @9.30-11am (469A)	Let's Do Seated Exercise@9.15-10.15am	Let's Makan Together - F4 @10-11am	
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 Rolling Programme@9.45-10.45am	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 Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Level Up English@10-11am [FULL]		Let's Do Seated Exercise@10.30-11.30am	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm [FULL]	Let's Pick Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Jam 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 Jam With Ocarina@11am-12pm	Let's Jam With Ukulele@12-1.15pm	Let's Do Chair Yoga@2-3pm [Paid Session]	
	Let's KTV Together @2-4pm	Let's Yogalates @2-3pm			
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Celebrate Birthday@2-4pm [By Invitation Only]	Square Stepping Exercise @ 2-3pm		
			Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Taichi@8.30-9.30am (441 Pavillion)	Mandai Do Good at BBW @9.30-11.30am [By Invitation Only]	Services - Wellness - CHP@9-6pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Rummy-O Competition 2025@9am-12pm [By Invitation Only]	
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)		Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Seated Exercise@9.15-10.15am (BALL)		
HAPPY Programme @9.30-10.30am (469A)		Let's Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am		
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)	Let's Pick Up Malay@11am-12pm [FULL]	Services - Haircut services @10am-1pm			
Let's Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@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 Jam With Ocarina@11am-12pm	Let's Jam With Ukulele@11am-12pm	
	Let's Learn To Sing@2-4pm	Let's Yogalates @2-3pm	Let's Jam With Ukulele@12-1.15pm		
Let's Chinese Dance@1.30-4.30pm			Square Stepping Exercise @ 2-3pm		
Let's Do Piloxing @2-3pm [Paid Session]	Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Stay Well Series - Health Talk by NUP @2.30-4.30pm	Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@9.15-10am (FUN DANCE)	Services - Wellness - CHP@9-6pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Centre Closed	
Let's Exercise With Razak On Zoom@9.15-10am (WATER BOTTLE)	Let's Gen Together - MyFirstSkool@10-11am	Steady Lah! @9.30-11am (469A)	Let's Do Seated Exercise@9.15-10.15am		
HAPPY Programme @9.30-10.30am (469A)	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@9.15-10am (BOXING)	Let's Do Rolling Programme@9.45-10.45am		
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)	Let's Pick Up Malay@11am-12pm [FULL]	Let's Do Nagomi Art @9.30-10.30am			
Let's Do Crochet@10am-12pm	Let's Do Patchwork @1.30-4pm	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	Let's Do Seated Exercise@10.30-11.30am		
Let's Jam With Ukulele@11am-1pm [FULL]		Let's KTV Together @2-4pm	Let's Jam With Ocarina@11am-12pm		
	Let's Yogalates @2-3pm		Let's Jam With Ukulele@11am-12pm		
Let's Chinese Dance@1.30-4.30pm		Let's Steel Combat (Male Exclusive) @3.30-4.30pm [Paid Session]	Let's Jam With Ukulele@12-1.15pm		
Let's Do Piloxing @2-3pm [Paid Session]	Let's Say YES to Waste Less by NEA @2-3pm		Square Stepping Exercise @ 2-3pm		
			Let's CrossFit @3-4pm		

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MON

TUE

WED

THU

FRI

SAT

24

25

26

27

28

29

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

Let's Exercise With Razak On
Zoom@9.15-10am (CHAIROBICS)

Services - Wellness - CHP@9-6pm

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 (CHAIROBICS)

Steady Lah! @9.30-11am (469A)

Let's Do Seated
Exercise@9.15-10.15am (BALL)

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

HAPPY Programme @9.30-10.30am (469A)

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

Let's Exercise With Razak On
Zoom@9.15-10am (BOXING)

Let's Do Rolling
Programme@9.45-10.45am

Services - Haircut services
@10am-1pm

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 Do Nagomi Art @9.30-10.30am

Let's Do Seated
Exercise@10.30-11.30am (BALL)

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

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

Let's Exercise With Razak On
Zoom@10-10.45am (BOXING)

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

Strategise with Kakis - Rummy
O@1.30-3pm

Let's Chinese Dance@1.30-4.30pm

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

Let's Jam With Ukulele@12-1.15pm

Let's Do Recycle Art@1.30-3pm

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

Let's Yogalates @2-3pm

Let's CrossFit @3-4pm

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

Centre Closed
from 12 pm

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2025 十一月

需要报名

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
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-6pm	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)	
HAPPY Programme @9.30-10.30am (469A)	一起打保龄球 @9.30am-12pm	Steady Lah! @9.30-11am (469A)	一起做运动 (坐式)@9.15-10.15am	一起来makan - F4@10-11am	
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)	一起做防跌运动@9.45-10.45am	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	一起做运动 (坐式)@10.30-11.30am	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]		一起玩音乐-乌克兰丽@11am-12pm	游戏时间 - Rummy O@1.30-3pm	
一起玩乌克兰丽@11am-1pm [班级已满]	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@12-1.15pm	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	方块踏步运动 @ 2-3pm	一起做椅子瑜伽@2-3pm [需付费]	
	一起来K歌 @2-4pm	一起做瑜伽提斯@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]	一起来庆生@2-4pm [仅限邀请]	一起做CrossFit@3-4pm		

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10	11	12	13	14	15
一起打太极@8.30-9.30am (441 凉亭)	Mandai 与 BBW 活跃乐龄中心同乐 @9.30-11.30am (仅限邀请)	服务 - 社区保健站@9am-6pm	一起打太极@8.30-9.30am (438 凉亭)	Rummy-O 比赛 2025@9am-12pm (仅限邀请)	
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(球)		
HAPPY Programme @9.30-10.30am (469A)	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 (水瓶活动)	一起学马来文-初级@11am-12pm [班级已满]		服务 - 理发@10am- 1pm		
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]		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	一起来唱歌@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 @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		
保健系列 - 健康讲座 (NUP) @2.30-4.30pm			一起做CrossFit@3-4pm		

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MON	TUE	WED	THU	FRI	SAT
17	18	19	20	21	22
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-6pm	一起打太极@8.30-9.30am (438 凉亭)	中心休业	
一起线上做运动@9.15-10am (水瓶活动)	代际交流 - MyFirstSkool@@10-11am	Steady Lah! @9.30-11am (469A)	一起做运动 (坐式)@9.15-10.15am		
HAPPY Programme @9.30-10.30am (469A)	一起学英文-中级@10-11am [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	一起做运动 (坐式)@10.30-11.30am		
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)	资讯通信媒体发展局 - 数码乐龄计划 - 培训课程@11am-12.30pm		
一起玩乌克兰丽@11am-1pm [班级已满]		一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽@11am-12pm		
	一起来K歌 @2-4pm		一起玩音乐-乌克兰丽@12-1.15pm		
一起跳华族舞@1.30-4.30pm	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 @2-3pm [需付费]		Let's Say YES to Waste Less by NEA @2-3pm	方块踏步运动 @ 2-3pm		
			一起做CrossFit@3-4pm		

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29
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-6pm	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 (有氧运动)	Steady Lah! @9.30-11am (469A)	一起做运动 (坐式)@9.15-10.15am(球)	一起来makan - F4@10-11am	
HAPPY Programme @9.30-10.30am (469A)	一起学英文-中级@10-11am [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		
一起线上做运动@10-10.45am (水瓶活动)			服务 - 理发@10am- 1pm		
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)	一起跳排舞(IL)@10-11am	
一起玩乌克兰丽丽@11am-1pm [班级已满]	中心休业 @ 12pm	一起线上做运动@10-10.45am (拳击)	一起玩音乐-乌克兰丽丽@11am-12pm	游戏时间 - Rummy O@1.30-3pm	
一起跳华族舞@1.30-4.30pm		一起玩音乐-陶笛@11am-12pm	一起玩音乐-乌克兰丽丽@12-1.15pm	一起做再循环工艺@1.30-3pm	
一起做 Piloxing @2-3pm [需付费]		一起做瑜伽提斯@2-3pm	一起做CrossFit@3-4pm	一起做椅子瑜伽@2-3pm [需付费]	

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