

2025 May

 **Centre Name:** ACC-Bukit Panjang
 **Centre Address:** Bukit Panjang Ring Road, #02-06, S(679947)
 **Centre Contact:** 80312839



ntuc Health

Requires Registration

MON	TUE	WED	THU	FRI	SAT
			1	2	3
			Labour Day (Public Holiday)	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
				Let's Do Nagomi Art @1-2pm	
				Strategise with Kakis@2-4pm	
5	6	7	8	9	10
Centre Closed	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	HAPPY Programme@10-11am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	Let's Go Gai Gai@10.30am-3pm [FULL]
	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	Let's CrossFit @2-3pm	Let's Do Nagomi Art @1-2pm	
			Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	
12	13	14	15	16	17
Vesak Day (Public Holiday)	Let's Exercise With Razak On Zoom@10-10.45am (FUN DANCE)	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	HAPPY Programme@10-11am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
	Let's Makan Together - Inhouse@11am-12pm	Strategise with Kakis@2-4pm	Let's CrossFit @2-3pm	Let's Do Nagomi Art @1-2pm	
	Strategise with Kakis@2-4pm		Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	

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MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
Let's Exercise With Razak On Zoom@10-10.45am (WATER BOTTLE)	Let's Exercise With Razak On Zoom@10-10.45am (CHAIROBICS)	Let's Exercise With Razak On Zoom@10-10.45am (BOXING)	HAPPY Programme@10-11am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
Let's Do Chair Yoga@10.30-11.30am	Let's Jam With Ukulele@2-3pm	Strategise with Kakis@2-4pm	Let's CrossFit @2-3pm	Let's Do Nagomi Art @1-2pm	
Let's Learn To Sing@2-4pm	Strategise with Kakis@2-4pm	Let's Celebrate Birthday@2-4pm [By Invitation Only]	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	
Strategise with Kakis@2-4pm	Let's Learn to Take Photos@3-5pm				
26	27	28	29	30	31
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 Exercise With Razak On Zoom@10-10.45am (BOXING)	HAPPY Programme@10-11am	Let's Exercise With Razak On Zoom@10-10.45am (RESISTANCE BAND)	
Let's Do Chair Yoga@10.30-11.30am	Let's Jam With Ukulele@2-3pm	Let's Lim Kopi (Male exclusive) @11am-12pm (Hawker)	Current affair U&Me@1-2pm	Let's Do Nagomi Art @1-2pm	
Let's Intergen With Hua Yi Secondary School@2-4pm	Strategise with Kakis@2-4pm	Strategise with Kakis@2-4pm	Let's CrossFit @2-3pm	Strategise with Kakis@2-4pm	
	Let's Intergen With Hua Yi Secondary School@2-4pm		Strategise with Kakis@2-4pm		

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MON	TUE	WED	THU	FRI	SAT
			1	2	3
			劳动节 (公共假期)	一起跟Razak线上做运动 @10-10.45am (RESISTANCE BAND)	
				一起做日本和谐粉彩 @1-2pm	
				游戏时间@2-4pm	
5	6	7	8	9	10
中心休业	一起跟Razak线上做运动 @10-10.45am(CHAIROBI CS)	一起跟Razak线上做运动 @10-10.45am (BOXING)	推广健康老龄化计划 @10-11am	一起跟Razak线上做运动 @10-10.45am (RESISTANCE BAND)	一起去Gai Gai@10.30am-3pm [活动已满]
	游戏时间@2-4pm	游戏时间@2-4pm	一起做CrossFit @2-3pm	一起做日本和谐粉彩 @1-2pm	
			游戏时间@2-4pm	游戏时间@2-4pm	
12	13	14	15	16	17
卫塞节 (公共假期)	一起跟Razak线上做运动@10-10.45am (FUN DANCE)	一起跟Razak线上做运动 @10-10.45am (BOXING)	推广健康老龄化计划 @10-11am	一起跟Razak线上做运动 @10-10.45am (RESISTANCE BAND)	
	一起来makan - 中心内 @11am-12pm	游戏时间@2-4pm	一起做CrossFit @2-3pm	一起做日本和谐粉彩 @1-2pm	
	游戏时间@2-4pm		游戏时间@2-4pm	游戏时间@2-4pm	

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* Date and Time TBC

MON	TUE	WED	THU	FRI	SAT
19	20	21	22	23	24
一起跟Razak线上做运动 @10-10.45am (WATER BOTTLE)	一起跟Razak线上做运动 @10-10.45am(CHAIROBICS)	一起跟Razak线上做运动 @10-10.45am (BOXING)	推广健康老龄化计划 @10-11am	一起跟Razak线上做运动 @10-10.45am (RESISTANCE BAND)	
一起做椅子瑜伽 @10.30-11.30am	一起玩乌克兰丽丽@2-3pm	游戏时间@2-4pm	一起做CrossFit @2-3pm	一起做日本和谐粉彩 @1-2pm	
一起来唱歌@2-4pm	游戏时间@2-4pm	一起来庆生@2-4pm [仅限邀请]	游戏时间@2-4pm	游戏时间@2-4pm	
游戏时间@2-4pm	一起来学拍照@3-5pm				
26	27	28	29	30	31
一起跟Razak线上做运动 @10-10.45am (WATER BOTTLE)	一起跟Razak线上做运动 @10-10.45am (FUN DANCE)	一起跟Razak线上做运动 @10-10.45am (BOXING)	推广健康老龄化计划 @10-11am	一起跟Razak线上做运动 @10-10.45am (RESISTANCE BAND)	
一起做椅子瑜伽 @10.30-11.30am	一起玩乌克兰丽丽@2-3pm	一起喝咖啡(只限男性) @11am-12pm	时事新闻你和我@1-2pm	一起做日本和谐粉彩 @1-2pm	
游戏时间@2-4pm	游戏时间@2-4pm	游戏时间@2-4pm	一起做CrossFit @2-3pm	游戏时间@2-4pm	
代际交流 - 华义中学 @2-4pm	代际交流 - 华义中学 @2-4pm		游戏时间@2-4pm		

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