

2025 July

*Nominal fee of \$3 per session

*Only for selected Seniors only

📍 **Centre Name:** AACC (Kampung Admiralty)
 🏠 **Centre Address:** 676 Woodlands Drive 71 #06-01 S. 730676
 ☎️ **Centre Contact:** 6870 8500



ntuc Health

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	Let's Qigong 8:30am - 9:30am	Let's Piloxing Lite 10:00am - 11:00am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	Let's Go Gai Gai* 9:00am - 1:30pm
	Let's Do Zentangle 11:00am - 12:00pm	Let's Dance, Move, Express* 10:00am - 12:00pm	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
	Aqua Fit* 12:00pm - 1:00pm	Steady Lah (Registration) 2:00pm - 3:30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 1:00pm - 2:30pm	Let's Do Calligraphy class 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
7	8	9	10	11	12
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am - 11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Photography Workshop* 9:00am - 12:00pm	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Aqua Fit* 12:00pm - 1:00pm	Let's Dance, Move, Express* 2:00pm - 4:00pm	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Photography (Outdoor)* 4:00pm - 7:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Calligraphy class 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (Beginners) 1:00pm - 2:30pm	Let's Go Gai Gai* 2:30pm - 5:00pm	

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MON	TUE	WED	THU	FRI	SAT
14	15	16	17	18	19
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Aqua Fit* 12:00pm - 1:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Gen Together - Primary Sch 2:30pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 1:00pm - 2:30pm	Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Dance, Move, Express* 2:00pm - 4:00pm		
21	22	23	24	25	26
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Aqua Fit* 12:00pm - 1:00pm	Steady Lah* 2:00pm - 3:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 1:00pm - 2:30pm	Let's Do Calligraphy 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Floating Teacup Workshop* 2:00pm - 4:00pm	Let's Do Calligraphy 3:30pm - 5:00pm	
			Photography (Outdoor)* 4:00pm - 7:00pm		

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MON	TUE	WED	THU	FRI	SAT
28	28	29	30	31	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am -11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Do Zentangle 11:00am - 12:00pm	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Aqua Fit* 12:00pm - 1:00pm	Steady Lah 2:00pm - 3:00pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Crochet 2:00pm - 4:00pm	Let's Do Nagomi 2:00pm - 5:00pm		Let's Do Recycle Art (B) 1:30pm - 3:30pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm			Let's Do Calligraphy class 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	一起练气功 8:30am - 9:30am	一起做Piloxing Lite 10:00am - 11:00am	方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	一起去Gai Gai* 9:00am - 1:30pm
	一起做禅绕画 11:00am - 12:00pm	一起Dance,Move,Express 10:00am - 12:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
	一起跳水上韵律操 12:00pm - 1:00pm	Steady Lah! 保健操 2:00pm - 4:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起玩乌克兰丽丽 (B) 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm				
7	8	9	10	11	12
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	摄影工作坊 9:00am - 12:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克兰丽丽 (A) 10:30am - 11:30am	一起做禅绕画 11:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	方块踏步运动 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起跳水上韵律操 12:00pm - 1:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起做Steel Tonic Lite 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	一起做钩针编织 2:00pm - 4:00pm	一起Dance,Move,Express 2:00pm - 4:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起做再循环工艺 1:30pm - 3:30pm	
摄影(户外) 4:00pm - 7:00pm	一起跳排舞 (中级) 2:00pm - 3:00pm		一起玩乌克兰丽丽 (B) 11:00am - 12:00pm	一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起去Gai Gai* 2:30pm - 5:00pm	

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一起玩乌克兰丽丽 (A) 10:30am - 11:30am	一起做禅绕画 11:00am - 12:00pm	一起做Piloxing Lite 10:00am - 11:00am	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起跳水上韵律操 12:00pm - 1:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
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乐学数码 (IMDA) 3:45pm - 5:00pm	一起跳排舞 (中级) 2:00pm - 3:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		一起Dance, Move, Express 2:00pm - 4:00pm		
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一起学唱歌 12:30pm - 2:30pm	一起跳水上韵律操 12:00pm - 1:00pm	Steady Lah! 保健操 2:00pm - 4:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	一起做钩针编织 2:00pm - 4:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起玩乌克兰丽丽 (B) 11:00am - 12:00pm	一起做再循环工艺 1:30pm - 3:30pm	
	一起跳排舞 (中级) 2:00pm - 3:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起写书法 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		漂浮的茶杯工作坊 2:00pm - 4:00pm		
			摄影(户外) 4:00pm - 7:00pm		

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一起玩乌克兰丽 (A) 10:30am - 11:30am	一起做禅绕画 11:00am - 12:00pm	Steady Lah! 保健操 2:00pm - 4:00pm	一起做Steel Tonic Lite 10:00am - 11:00am		
一起学唱歌 12:30pm - 2:30pm	一起跳水上韵律操 12:00pm - 1:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 5:00pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm		
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	一起做钩针编织 2:00pm - 4:00pm				
	一起跳排舞 (中级) 2:00pm - 3:00pm				
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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