

2025 June

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



ntuc Health

*Nominal fee of \$3 per session
 *Only for selected Seniors only

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Kpop (Lite) 9:30am - 10:30am	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	HARI RAYA HAJI (PUBLIC HOLIDAY)
Let's Jam with Ukulele (A) 10:30am-11:30am	Rolling Good Times 10:00am -11:30am	Let's Gen Together - Others 10:30am - 12:00pm	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	Let's Do Zentangle 11:00am - 12:00pm	Let's Dance,Move, Express 2:00pm - 4:00pm	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 class (Beginner) 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Rolling Good Times 2:00pm -3:30pm		
9	10	11	12	13	14
	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	
	Rolling Good Times 10:00am -11:30am	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 Do Zentangle 11:00am - 12:00pm	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 Do Crochet 2:00pm - 4:00pm		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 (Interest) 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Rolling Good Times 2:00pm -3:30pm		

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
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 Gen Together - Others 10:30am - 12:00pm	Let's Go Gai Gai* 9:00am -1:00pm
Let's Jam with Ukulele (A) 10:30am-11:30am	Rolling Good Times 10:00am -11:30am	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	Let's Do Zentangle 11:00am - 12:00pm	Let's Dance,Move, Express 2:00pm - 4:00pm	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 (Beginner) 3:30pm - 5:00pm	
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Rolling Good Times 2:00pm -3:30pm		
23	24	25	26	27	28
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	Centre Closed (Town hall)	Let's Go Gai Gai* 9:00am -1:00pm
Let's Jam with Ukulele (A) 10:30am-11:30am	Rolling Good Times 10:00am -11:30am	Let's Piloxing Lite 10:00am - 11:00am	Let's Steel Tonic Lite 10:00am - 11:00am		
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Dance,Move, Express 2:00pm - 4:00pm	Let's Gen Together - Kindergarten 10:00am - 11:00am		
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 2:00pm - 4:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 1:00pm -2:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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MON	TUE	WED	THU	FRI	SAT
30					
Let's Kpop (Lite) 9:30am - 10:30am					
Let's Jam with Ukulele (A) 10:30am-11:30am					
Let's Sing Together 12:30pm - 2:30pm					
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm					
Let's Do Recycle Art 2:00pm - 4:00pm					

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2025 六月

* 每节课费用 \$3元
* 仅限选定的会员

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起跳K-pop (Lite) 9:30am - 10:30am	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	哈芝节 (公共假期)
一起玩乌克兰丽 (A) 10:30am - 11:30am	防跌课程Rolling Good Times 10:00am - 11:30am	代际交流 - 其他 10:30am - 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	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起Dance, Move, Express 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 (B) 11:00am - 12:00pm	一起做再循环工艺 (B) 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 (初学者) 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		防跌课程Rolling Good Times 2:00pm - 3:30pm		
9	10	11	12	13	14
	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
	防跌课程Rolling Good Times 10:00am - 11:30am	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	
	一起做禅绕画 11:00am - 12:00pm	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	
	一起做钩针编织 2:00pm - 4:00pm		一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起做再循环工艺 (B) 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 (兴趣班) 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		防跌课程Rolling Good Times 2:00pm - 3:30pm		

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一起玩乌克兰丽 (A) 10:30am - 11:30am	防跌课程Rolling Good Times 10:00am - 11:30am	一起做Piloxing Lite 10:00am - 11:00am	一起做Steel Tonic Lite 10:00am - 11:00am	代际交流 - 其他 10:30am - 12:00pm	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起Dance,Move,Express 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 (B) 11:00am - 12:00pm	一起做再循环工艺 (B) 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 (初学者) 3:30pm - 5:00pm	
	一起跳排舞 (初级) 3:00pm - 4:00pm		防跌课程Rolling Good Times 2:00pm - 3:30pm		
23	24	25	26	27	28
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	方块踏步运动 10:00am - 11:00am	中心休业 (内部活动)	一起去Gai Gai* 1:30pm - 5:30pm
一起玩乌克兰丽 (A) 10:30am - 11:30am	防跌课程Rolling Good Times 10:00am - 11:30am	一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm	一起做Steel Tonic Lite 10:00am - 11:00am		
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起Dance,Move,Express 2:00pm - 4:00pm	代际交流 - 幼儿园 10:00am - 11:00am		
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 (B) 11:00am - 12:00pm		
	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		
	一起跳排舞 (初级) 3:00pm - 4:00pm				

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一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm					

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