




2025 December

 **Centre Name:** AAC (Kampung Kembangan)
 **Centre Address:** Blk 102 #01-389 Lengkong Tiga S410102
 **Centre Contact:** 6715 6758 / 8031 2807 (WhatsApp Only)






ntuc Health

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
Let's Piloxing (Standing) 一起做皮拉提拳击 (站立) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳击 (坐式) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极 (IL)) @Blk 108 9:00am - 11:00am (Register via H365)	F4 (Let's Brisk Walk) F4 (一起快步走) 7:30am - 9:30am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's CALM 1.0 Practice Session 5 Resistance Band (Supervised by staff) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's Pick Up - Conversational Malay Intermediate Level (Conducted in English) 一起学马来语 (中级) 2:00pm - 3:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Jam with Ukulele 一起玩 乌克丽丽 (Interest Group) 10:00am - 12:00pm	Current affair U&Me 时事新闻你和我 10:30am - 11:30am	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Haydays with Horses 与马儿互动 2:30pm - 4:00pm (Registration Required) (需要报名)	Let's CALM 1.0 Training Session 6 Dumbbell (Instructor-Led) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's Celebrate (Birthday) 一起来庆生 12:00am - 2:00pm	
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm		Let's KTV Together 一起来K歌 (\$2 per session) 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Jam with Ukulele (#4) 一起玩 乌克丽丽 (#4) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's Do Ang Bao Lantern (Simple) 一起做 红包灯笼 (简单) (\$2 per session) 2:00pm - 4:00pm	
				Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	

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8	9	10	11	12	13
Let's Piloxing (Standing) 一起做皮拉提拳 击(站立) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳 击(坐式) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极 (IL)) @Blk 108 9:00am - 11:00am (Register via H365)	F4 (Let's Brisk Walk) F4 (一起快步走) 7:30am - 9:30am	Centre Closure (9:00am - 6:00pm)	
Let's CALM 1.0 Practice Session 6 Dumbbell (Supervised-led by staff) @ AAC 2:00pm - 3:00pm (FULL) (满)	Let's Celebrate Year End - Agogo Tea Dance Party @ Heartbeat Bedok 一起庆祝年末——Agogo 茶舞派对 @ Heartbeat Bedok 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Jam with Ukulele 一起玩乌克兰丽 (Interest Group) 10:00am - 12:00pm		
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Do Crochet 一起做钩针编织 (\$4 per session) 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's CALM 1.0 Post Assessment (Instructor-Led) @ Heartbeat Bedok 10:45am - 1:15pm (FULL) (满)		
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm	Let's Pick Up - Conversational English (Conducted in Mandarin) 一起学 (英语) 7:00pm - 8:00pm	Let's KTV Together 一起来K歌 (\$2 per session) 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Jam with Ukulele (#5) 一起玩乌克兰丽 (#5) 2:00pm - 4:00pm (Registration Required) (需要报名)		
			Haydays with Horses 与马儿互动 2:30pm - 4:00pm (Registration Required) (需要报名)		

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MON	TUE	WED	THU	FRI	SAT
15	16	17	18	19	20
Let's Piloxing (Standing) 一起做皮拉提拳 击(站立) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳 击(坐式) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极 (IL)) @Blk 108 9:00am - 11:00am (Register via H365)	F4 (Let's Brisk Walk) F4 (一起快步走) 7:30am - 9:30am	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Pick Up - Conversational Malay Intermediate Level (Conducted in English) 一起学马来语 (中级) 2:00pm - 3:00pm	Let's Talk About - Digital Club @ NTUC Health (Use Singpass to access Government Services, Chinese session) (使用 Singpass登录政府服务, 中文会话) 2:00pm - 4:00pm (Registration Required) (需要报名)	Let's go Gai Gai (Sentosa Challenge) 一起去 Gai Gai 9:00am-12.30pm (Registration Required) (需要报名)	Let's Learn to Bake 一起学烘焙 10:00am - 12:00pm (Registration Required) (需要报名)	Current affair U&Me 时事新闻你和我 10:30am - 11:30am	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Jam with Ukulele 一起玩 乌克兰丽 (Interest Group) 10:00am - 12:00pm	Let's Celebrate Christmas 一起来庆祝圣诞节 2:00pm - 4:00pm	
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm		Let's KTV Together (\$2 per session) 一起来K歌 2:00pm - 5:00pm (Registration Required) (需要报名)	Let's Jam with Ukulele (#6) 一起玩 乌克兰丽 (#6) 2:00pm - 4:00pm (Registration Required) (需要报名)		
			Let's Do Ang Bao Lantern 一起做 红包灯笼 (\$4 per session) 2:00pm - 4:00pm (Registration Required) (需要报名)		

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22	23	24	25	26	27
Let's Piloxing (Standing) 一起做皮拉提拳 击(站立) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳 击(坐式) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Taichi (IL)) @Blk 108 F4 (一起打太极 (IL)) @Blk 108 9:00am - 11:00am (Register via H365)	Christmas Day	Let's Chair Zumba 一起做坐式尊巴 9:00am - 10:00am (Registration Required) (需要报名)	
Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	Let's Do Decoden Art 一起做 浮雕艺术 (\$4 per session) 10:30am - 12:00pm (Registration Required) (需要报名)	Christmas Eve Closure (1:00pm - 6:00pm)		Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm	
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间 (桌游) 2:00pm - 4:00pm				
	Let's Pick Up - Conversational English (Conducted in Mandarin) 一起学 (英语) 7.00pm - 8.00pm				

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MON	TUE	WED	THU	FRI	SAT
29	30	31			
Let's Piloxing (Standing) 一起做皮拉提拳击(站立) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	Let's Piloxing (Seated) 一起做皮拉提拳击(坐式) (\$5 per session) 9:00am - 10:00am (Registration Required) (需要报名)	F4 (Let's Taichi (IL)) @ Blk 108 F4 (一起打太极 (IL)) @ Blk 108 9:00am - 11:00am (Register via H365)			
Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm	Let's Talk About - Digital Club @ NTUC Health (Use Singpass to access Government Services, English session) (使用 Singpass 登录政府服务, 英语会话) 2:00pm - 4:00pm (Registration Required) (需要报名)	New Year Eve Closure (1:00pm - 6:00pm)			
Let's Line Dance 一起跳排舞 3:00pm - 4:30pm	Let's Strategise with Kakis 游戏时间(桌游) 2:00pm - 4:00pm				

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