

# 2025 AUGUST

Green - Payment Required

Yellow - Self-Booking or By Invitation Only (Free)

White - Walk-in (Free)

Centre Name: AAC (Pioneer)  
Centre Address: 662A Jurong West St 64 #01-328 S641662  
Centre Contact: 6715 6750



ntuc Health

MON	TUE	WED	THU	FRI	SAT
				1	2
				<b>Let's Do Yoga (Booking Required)</b> 8.30am - 9.30am <b>Virtual Seated Resistance Band (Booking Required)</b> 10.00am - 10.45am <b>HAPPY Programme (Invited-Only Programme)</b> 11.00am - 12.00pm <b>Let's Do Bollywood Dance (Virtual)</b> 2.00pm to 3.00pm	
4	5	6	7	8	9
<b>Virtual Seated Water Bottle Exercise (Booking Required)</b> 10.00am - 11.00am <b>Let's Do Art: Lantern Painting</b> 11.00am - 12.00pm <b>D Sew Club (Interest Group)</b> 11.00am - 1.00pm	<b>Let's Go Gai Gai With One Wish Botanical Garden &amp; Chara Brasserie (Paid Programme / Invited Only)</b> 9.00am - 2.00pm <b>Let's Chair Yoga (Paid Programme)</b> 9.30am - 10.30am <b>ICCP: Kpop Exercise with S3 At Frontier CC Level 4 (Booking Required)</b> 10.15am - 11.15am <b>BERNINA Sew-Tech (2 Sessions) (Paid Programme)</b> 10.45am & 12.45pm <b>Let's Learn to Tech (Handphone Class)</b> 10.45am - 12pm <b>Let's Pick Up English Language (Beginner) in Mandarin</b> 2.00pm - 3.00pm	<b>Community Health Post (Invited-Only Programme)</b> 9.00am - 12.00pm <b>Let's Chair Zumba by HPB (Booking Required) (Limited to 20 Pax Only)</b> 9.30am - 10.30am <b>Digital - IMDA Go-Digital - Workshop Transact Online – Set up Citizen Services (SingPass)</b> 10.30am - 11.30am <b>ICCP: Let's Do Crossfit (Seated &amp; Standing)</b> 10.30am - 11.30am <b>Let's Makan Together (Paid Programme)</b> 12.00am - 1.00pm <b>ICCP: Let's Pick Up Malay Language (Beginner) (Booking Required)</b> 1.00pm - 2.00pm <b>Let's Pick Up Malay Language &amp; Cultural Learning (Intermediate) (Booking Required)</b> 2.00pm - 3.00pm	<b>Let's Do Standing Resistance Band by HPB (Booking Required)</b> 9.30am - 10.30am <b>Virtual Seated Modified Boxing (Booking Required)</b> 10.00am - 10.45am <b>F4 - Fun Fit Food and Friends (Paid Programme)</b> 11.00am - 12.00pm <b>Let's Gen Together: Anglo-Chinese Institute</b> 2.00pm - 3.00pm	<b>Terrarium Workshop at Jurong West Secondary School (Booking Required)</b> 7.00am - 10.00am <b>Let's Do Yoga (Booking Required)</b> 8.30am - 9.30am <b>Virtual Seated Resistance Band (Booking Required)</b> 10.00am - 10.45am <b>HAPPY Programme (Invited-Only Programme)</b> 11.00am - 12.00pm <b>Let's Do Bollywood Dance (Virtual)</b> 2.00pm to 3.00pm	

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 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
Centre Closure: National Day	Let's Chair Yoga (Paid Programme) 9.30am - 10.30am	Let's Chair Zumba by HPB (Booking Required) (Limited to 20 Pax Only) 9.30am - 10.30am	Let's Go Gai Gai: 2 in 1: Kampong Gelam Tour and Masjid Sultan Tour (Paid Programme) 9.00am - 2.00pm	Let's Do Yoga (Booking Required) 8.30am - 9.30am	
	ICCP: Kpop Exercise with S3 At Frontier CC Level 4 (Booking Required) 10.15am -11.15am	ICCP:Let's Do Crossfit (Seated & Standing) 10.30am - 11.30am	Let's Do Standing Resistance Band by HPB (Booking Required) 9.30am - 10.30am	Virtual Seated Resistance Band (Booking Required) 10.00am - 10.45am	
	BERNINA Sew-Tech (2 Sessions) (Paid Programme) 10.45am & 12.45pm	Let's Celebrate <u>National Day</u> & Makan Together (Paid Programme) 11.30am - 1.00pm	Virtual Seated Modified Boxing (Booking Required) 10.00am - 10.45am	HAPPY Programme (Invited-Only Programme) 11.00am - 12.00pm	
	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	ICCP: Let's Pick Up Malay Language (Beginner) 1.00pm - 2.00pm	F4 - Fun Fit Food and Friends (Paid Programme) 11.00am - 12.00pm	Half-Day Centre Closure: Company Event	
	Let's Pick Up English Language (Beginner) in Mandarin 2.00pm - 3.00pm	Let's Pick Up Malay Language & Cultural Learning (Intermediate) 2.00pm - 3.00pm	Let's KTV Together Karaoke (NO KJ) (Booking Required) 12.00pm - 3.00pm		
18	19	20	21	22	23
CWAS Trishaw Ride at Jurong Point (Booking Required) 9.00am - 12.00pm	Let's Chair Yoga (Paid Programme) 9.30am - 10.30am	Community Health Post (Invited-Only Programme) 9.00am -12.00pm	Let's Do Standing Resistance Band by HPB (Booking Required) 9.30am - 10.30am	Let's Do Yoga (Booking Required) 8.30am - 9.30am	
Virtual Seated Water Bottle Exercise (Booking Required) 10.00am - 11.00am	ICCP: Kpop Exercise with S3 At Frontier CC Level 4 (Booking Required) 10.15am -11.15am	Let's Chair Zumba by HPB (Booking Required) (Limited to 20 Pax Only) 9.30am - 10.30am	Virtual Seated Modified Boxing (Booking Required) 10.00am - 10.45am	Virtual Seated Resistance Band (Booking Required) 10.00am - 10.45am	
Let's Learn to Cook with Michelin Chefs: Rosalind and Mindy 11.00am - 1.00pm	BERNINA Sew-Tech (2 Sessions) (Paid Programme) 10.45am & 12.45pm	ICCP:Let's Do Crossfit (Seated & Standing) 10.30am - 11.30am	F4 - Fun Fit Food and Friends (Paid Programme) 11.00am - 12.00pm	HAPPY Programme (Invited-Only Programme) 11.00am - 12.00pm	
Let's Do Art: Lantern Painting 11.00am - 12.00pm	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	Let's Makan Together (Paid Programme) 12.00pm - 1.00pm	Let's Gen Together: Anglo-Chinese Institute 2.00pm - 3.00pm	Let's Learn to Bake: Chocolate Cake Demo (Paid Programme) 11.15am - 12.15pm	
D Sew Club (Interest Group) 11.00am - 1.00pm	Let's Pick Up English Language (Beginner) in Mandarin 2.00pm - 3.00pm	Let's Celebrate Birthday (Invited-Only Programme) 12.00pm - 1.00pm		Let's Do Bollywood Dance (Virtual) 2.00pm to 3.00pm	
		ICCP: Let's Pick Up Malay Language (Beginner) (Booking Required) 1.00pm - 2.00pm Let's Pick Up Malay Language & Cultural Learning (Intermediate) (Booking Required) 2.00pm - 3.00pm			

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ntuc Health

MON

TUE

WED

THU

FRI

SAT

25	26	27	28	29	30
Virtual Seated Water Bottle Exercise (Booking Required) 10.00am - 11.00am	Let's Chair Yoga (Paid Programme) 9.30am - 10.30am	Let's Chair Zumba by HPB (Booking Required) (Limited to 20 Pax Only) 9.30am - 10.30am	Let's Do Standing Resistance Band by HPB (Booking Required) 9.30am - 10.30am	Let's Do Yoga (Booking Required) 8.30am - 9.30am	
Let's Do Art: Lantern Painting 11.00am - 12.00pm	ICCP: Kpop Exercise with S3 At Frontier CC Level 4 10.15am - 11.15am	Let's Makan Together (Paid Programme) 12.00pm - 1.00pm	Virtual Seated Modified Boxing (Booking Required) 10.00am - 10.45am	Virtual Seated Resistance Band (Booking Required) 10.00am - 10.45am	
D Sew Club (Interest Group) 11.00am - 1.00pm	BERNINA Sew-Tech (2 Sessions) (Paid Programme) 10.30am & 12.30pm	ICCP: Let's Pick Up Malay Language (Beginner) 1.00pm - 2.00pm	F4 - Fun Fit Food and Friends (Paid Programme) 11.00am - 12.00pm	HAPPY Programme (Invited-Only Programme) 11.00am - 12.00pm	
	Let's Learn to Tech (Handphone Class) 10.45am - 12pm	Let's Pick Up Malay Language & Cultural Learning (Intermediate) 2.00pm - 3.00pm	Let's KTV Together Karaoke (NO KJ) (Booking Required) 12.00pm - 3.00pm	Let's Do Bollywood Dance (Virtual) 2.00pm to 3.00pm	
	Let's Pick Up English Language (Beginner) in Mandarin 2.00pm - 3.00pm	Let's Gen Together: Woodgrove Secondary School 3.00pm - 5.00pm			

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# 2025 八月

绿色 – 需付款

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 **Centre Address:** 662A Jurong West St 64 #01-328 S641662  
 **Centre Contact:** 6715 6750 (Ryan, Natalie, Darryl or Bala)





MON		TUE		WED		THU		FRI		SAT	
								1		2	
								一起做瑜伽 (IL) (预先登记) 8.30am - 9.30am			
								坐姿阻力带运动 (预先登记) 10.00am - 10.45am			
								健康快乐计划 (仅限受邀参加的项目) 11.00am - 12.00pm			
								跳宝莱坞舞吧 2.00pm to 3.00pm			
4		5		6		7		8		9	
一起跟Razak线上做运动 水瓶运动 (预先登记) 10.00am - 11.00am		一起和 One Wish 去Gai Gai - 新加坡植物园 需要付款 9.00am - 2.00pm		CHP 服务 - 社区保健站 9am - 12pm  让我们跟随HPB做椅子尊巴 (预先登记)(限20人参加) 9.30am - 10.30am		一起做弹力带拉筋操 (HPB) (预先登记) 9.30am - 10.30am		裕廊西中学 玻璃生态瓶工作坊 (预先登记) 7.00am - 10.00am			
一起做 灯笼彩绘 11.00am - 12.00pm		一起做椅子瑜伽 (收费课程) 9.30am - 10.30am		资讯通信媒体发展局 - 数码乐龄计划 - 社区咨 询流动柜台 (Setup Singpass) 10.30am - 11.30am		线上坐姿改良拳击 (预先登记) 10.00am - 10.45am		一起做瑜伽 (IL) (预先登记) 8.30am - 9.30am			
缝纫俱乐部 (兴趣小组) 没有导师 11.00am - 1.00pm		一起跳 K-pop (预先登记) S3 ICCP: At Frontier CC Level 4 10.15am -11.15am		ICCP: 一起做CrossFit (站立/坐着) (预先登记) 10.30am - 11.30am		F4 - 快乐 健康 美食 与 朋友 需要付款 11.00am - 12.00pm		坐姿阻力带运动 (预先登记) 10.00am - 10.45am			
		缝纫与科技之旅 (两节课)需要付款 10.45am & 12.45pm		一起来makan - 中心内 需要付款 12.00am - 1.00pm		代际交流 - ACS I 中学 2.00pm - 3.00pm		健康快乐计划 (仅限受邀参加的项目) 11.00am - 12.00pm			
		一起学科技-手机 10.45am - 12pm		ICCP: 一起学马来 - 初级 (预先登记) 1.00pm - 2.00pm				跳宝莱坞舞吧 2.00pm to 3.00pm			
		一起学英语-初级 2.00pm - 3.00pm		ICCP: 一起学马来- 中级 (预先登记) 2.00pm - 3.00pm							

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6715 6750 (Ryan, Natalie, Darryl or Bala)






MON	TUE	WED	THU	FRI	SAT
11	12	13	14	15	16
中心关闭: 国庆日	一起做椅子瑜伽 (收费课程) 9.30am - 10.30am	让我们跟随HPB做椅子尊巴 (预先登记)(限20人参加) 9.30am - 10.30am	双重体验——甘榜格南导览与苏丹回教 堂导览(付费活动) 9.00am - 2.00pm	一起做瑜伽 (IL) (预先登记) 8.30am - 9.30am	
	一起跳 K-pop (预先登记) S3 ICCP: At Frontier CC Level 4 10.15am -11.15am	资讯通信媒体发展局 - 数码乐龄计划 - 社区咨 询流动柜台 (Setup Singpass) 10.30am - 11.30am	线上坐姿改良拳击 (预先登记) 10.00am - 10.45am	坐姿阻力带运动 (预先登记) 10.00am - 10.45am	
	缝纫与科技之旅 (两节课)需要付款 10.45am & 12.45pm	ICCP: 一起做CrossFit (站立/坐着) (预先登记) 10.30am - 11.30am	F4 - 快乐 健康 美食 与 朋友 需要付款 11.00am - 12.00pm	健康快乐计划 (仅限受邀参加的项目) 11.00am - 12.00pm	
	一起学科技-手机 10.45am - 12pm	让我们一起庆祝国庆日和一起来Makan 需要付款 12.00am - 1.00pm	一起来K歌 (No KJ) (预先登记) 12.00pm - 3.00pm	半天中心关闭:公司活动	
	一起学英语-初级 2.00pm - 3.00pm	ICCP: 一起学马来 - 初级 (预先登记) 1.00pm - 2.00pm  ICCP: 一起学马来- 中级 (预先登记) 2.00pm - 3.00pm			
18	19	20	21	22	23
一起跟Razak线上做运动 水瓶运动 (预先登记) 10.00am - 11.00am	一起和 One Wish 去Gai Gai - 新加坡植物园 需要付款 9.00am - 2.00pm	CHP 服务 - 社区保健站 9am - 12pm  让我们跟随HPB做椅子尊巴 (预先登记)(限20人参加) 9.30am -1030am	一起做弹力带拉筋操 (HPB) (预先登记) 9.30am - 10.30am	裕廊西中学 玻璃生态瓶工作坊 (预先登记) 7.00am - 10.00am	
一起做 灯笼彩绘 11.00am - 12.00pm	一起做椅子瑜伽 (收费课程) 9.30am - 10.30am	资讯通信媒体发展局 - 数码乐龄计划 - 社区咨 询流动柜台 (Setup Singpass) 10.30am - 11.30am	线上坐姿改良拳击 (预先登记) 10.00am - 10.45am	一起做瑜伽 (IL) (预先登记) 8.30am - 9.30am	
缝纫俱乐部 (兴趣小组) 没有导师 11.00am - 1.00pm	一起跳 K-pop (预先登记) S3 ICCP: At Frontier CC Level 4 10.15am -11.15am	ICCP: 一起做CrossFit (站立/坐着) (预先登记) 10.30am - 11.30am	F4 - 快乐 健康 美食 与 朋友 需要付款 11.00am - 12.00pm	坐姿阻力带运动 (预先登记) 10.00am - 10.45am	
	缝纫与科技之旅 (两节课)需要付款 10.45am & 12.45pm	一起来Makan 需要付款 12.00am - 1.00pm	代际交流 - ACS I 中学 2.00pm - 3.00pm	健康快乐计划 (仅限受邀参加的项目) 11.00am - 12.00pm	
	一起学科技-手机 10.45am - 12pm	ICCP: 一起学马来 - 初级 (预先登记) 1.00pm - 2.00pm		跳宝莱坞舞吧 2.00pm to 3.00pm	
	一起学英语-初级 2.00pm - 3.00pm	ICCP: 一起学马来- 中级 (预先登记) 2.00pm - 3.00pm			

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25		26		27		28		29		30	
一起跟Razak线上做运动 水瓶运动 (预先登记) 10.00am - 11.00am		一起做椅子瑜伽 (收费课程) 9.30am - 10.30am		让我们跟随HPB做椅子尊巴 (预先登记)(限20人参加) 9.30am - 10.30am		一起做弹力带拉筋操 (HPB) (预先登记) 9.30am - 10.30am		裕廊西中学 玻璃生态瓶工作坊 (预先登记) 7.00am - 10.00am			
一起做 灯笼彩绘 11.00am - 12.00pm		一起跳 K-pop (预先登记) S3 ICCP: At Frontier CC Level 4 10.15am -11.15am		一起来Makan 需要付款 12.00am - 1.00pm		线上坐姿改良拳击 (预先登记) 10.00am - 10.45am		一起做瑜伽 (IL) (预先登记) 8.30am - 9.30am			
缝纫俱乐部 (兴趣小组) 没有导师 11.00am - 1.00pm		缝纫与科技之旅 (两节课)需要付款 10.45am & 12.45pm		ICCP: 一起做CrossFit (站立/坐着) (预先登记) 10.30am - 11.30am		F4 - 快乐 健康 美食 与 朋友 需要付款 11.00am - 12.00pm		坐姿阻力带运动 (预先登记) 10.00am - 10.45am			
		一起学科技-手机 10.45am - 12pm		ICCP: 一起学马来- 初级 (预先登记) 1.00pm - 2.00pm		一起来K歌 (No KJ) (预先登记) 12.00pm - 3.00pm		健康快乐计划 (仅限受邀参加的项目) 11.00am - 12.00pm			
		一起学英语-初级 2.00pm - 3.00pm		ICCP: 一起学马来- 中级 (预先登记) 2.00pm - 3.00pm				跳宝莱坞舞吧 2.00pm to 3.00pm			
				代际交流 - 兀兰林苑中学 3.00pm - 5.00pm							

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