




# 2025 SEPT

Green / 绿色 - Payment Required / 需付款

Yellow - Self-Booking or By Invitation Only (Free)  
黄色 - 自行预约或仅限受邀 (免费)

White / 白色 - Walk-in 现场报名 (Free / 免费)

 **Centre Name:** AAC (Pioneer)  
 **Centre Address:** 662A Jurong West St 64 #01-328 S641662  
 **Centre Contact:** 6715 6750 (Call) 80312431 (Whatsapp)



 **ntuc Health**

MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6
<b>Seated Water Bottle Exercise</b> 坐姿矿泉水瓶线上运动 10.00am - 11.00am	<b>Let's Chair Yoga 一起做椅子瑜伽</b> 9.30am - 10.30am	<b>Community Health Post 社区健康站</b> 9.00am - 12.00pm	<b>Standing Resistance Band</b> 一起跟HPB做站立做阻力带运动 9.30am - 10.30am	<b>Let's Do Yoga 一起做瑜伽</b> 8.30am - 9.30am	
<b>Let's Do Art 一起做艺术吧</b> 11.00am - 12.00pm	<b>Kpop Exercise with S3 一起跟S3跳 K-pop</b> At / 在: Frontier CC Level 4 10.15am - 11.15am	<b>Let's Do Zumba GOLD by HPB</b> 一起跟HPB做尊巴金 9.30am - 10.30am	<b>Virtual Seated Modified Boxing</b> 线上坐姿改良拳击课程 9.30am - 10.30am	<b>Virtual Seated Resistance Band</b> 线上坐姿阻力带运动 10.00am - 10.45am	
<b>D Sew Club (Interest Group)</b> 缝纫俱乐部 (兴趣小组) 11.00am - 1.00pm	<b>BERNINA Sew-Tech (2 Sessions)</b> 缝纫与科技之旅 (两节课) 10.45am & 12.45pm	<b>IMDA Go-Digital (Google Search)</b> 数码化计划 - 新加坡资讯通信媒体发展局 (IMDA) (Google搜索) 10.30am - 12.30pm	<b>F4 - Fun Fit Fed and Friends Health Talk</b> F4 - 快乐、健身、美食与朋友 10.30am - 11.00am	<b>HAPPY Programme 健康快乐计划</b> 11.15am - 12.15pm	
<b>Let's Learn to Tech (HP Class)</b> 一起学科技吧 (手机课) 2.00pm - 3.00pm	<b>Malay Language (Intermediate)</b> 马来语与文化学习 (中级) 11.00am - 12.00pm	<b>Let's Makan Together 一起吃饭吧</b> 12.30pm - 1.00pm	<b>F4 - Healthy Makan Together 一起吃饭吧</b> 11.00am - 12.00pm	<b>Let's Do Bollywood Dance (Virtual)</b> 一起跳宝莱坞舞吧 (线上) 2.00pm to 3.00pm	
<b>Let's Do Coding 一起学编程</b> 1.30pm - 3.30pm	<b>S3 Frontier CC: English (Beginner)</b> 一起学英语 (初级) 2.30pm - 3.30pm	<b>Indonesian Poco -Poco Dance (Virtual)</b> 让我们一起跳印尼波哥波哥舞 (线上) 2.00pm to 3.00pm	<b>KTV Together Karaoke 一起来K歌吧</b> 12.00pm - 3.30pm		
<b>Let's Play Adaptive Sports 一起玩适应性运动</b> 3.30pm to 4.30pm	<b>Let's Play Adaptive Sports 一起玩适应性运动</b> 3.30pm to 4.30pm	<b>S3 Frontier CC: Malay Language (Beginner)i</b> 一起学马来语 (初级) 2.30pm - 3.30pm	<b>Let's Play Adaptive Sports 一起玩适应性运动</b> 3.30pm to 4.30pm		
		<b>Music Art Cafe 音乐艺术咖啡馆</b> 3.00pm to 4.00pm			

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 NTUC Health

MON	TUE	WED	THU	FRI	SAT
8	9	10	11	12	13
Seated Water Bottle Exercise 坐姿矿泉水瓶线上运动 10.00am - 11.00am	Let's Chair Yoga 一起做椅子瑜伽 9.30am - 10.30am	Let's Do Zumba GOLD by HPB 一起跟HPB做尊巴金 9.30am - 10.30am	Standing Resistance Band 一起跟HPB做站立做阻力带运动 9.30am - 10.30am	<div>Centre Closure: Company Event 中心关闭通知: 公司活动</div>	
Let's Do Art 一起做艺术吧 11.00am - 12.00pm	Kpop Exercise with S3 一起跟S3跳 K-pop At / 在: Frontier CC Level 4 10.15am - 11.15am	Let's Do Crossfit 一起做Crossfit 10.30am - 11.30am	Virtual Seated Modified Boxing 线上坐姿改良拳击课程 9.30am - 10.30am		
D Sew Club (Interest Group) 缝纫俱乐部 (兴趣小组) 11.00am - 1.00pm	Let's Do Bollywood Dance (Virtual) 一起跳宝莱坞舞吧 (线上) 10.30am to 11.30am	Let's Makan Together 一起吃饭吧 12.00pm - 1.00pm	F4 - Fun Fit Fed and Friends Health Talk F4 - 快乐、健身、美食与朋友 10.30am - 11.00am		
Let's Learn to Tech (HP Class) 一起学科技吧 (手机课) 2.00pm - 3.00pm	BERNINA Sew-Tech (2 Sessions) 缝纫与科技之旅 (两节课) 10.45am & 12.45pm	Let's Do Indonesian Poco -Poco Dance (Virtual) 让我们一起跳印尼波哥波哥舞 (线上) 2.00pm to 3.00pm	F4 - Healthy Makan Together 一起吃饭吧 11.00am - 12.00pm		
Let's Do Coding 一起学编程 1.30pm - 3.30pm	Malay Language (Intermediate) 马来语与文化学习 (中级) 11.00am - 12.00pm	S3 Frontier CC: Malay Language (Beginner)i 一起学马来语 (初级) 2.30pm - 3.30pm	Let's Go Gai Gai: Senior National Games at Singapore Sports Hub 一起和去Gai Gai: 新加坡体育城乐龄全国运动会 1.00pm - 6.00pm		
Let's Play Adaptive Sports 一起玩适应性运动 3.30pm to 4.30pm	Let's Play Adaptive Sports 一起玩适应性运动 3.30pm to 4.30pm	Music Art Cafe 音乐艺术咖啡馆 3.00pm to 4.00pm	KTV Together Karaoke 一起来K歌吧 12.00pm - 3.30pm		
	S3 Frontier CC: English (Beginner) 一起学英语 (初级) 2.30pm - 3.30pm		Let's Play Adaptive Sports 一起玩适应性运动 3.30pm to 4.30pm		

**14th September  
(Sunday)**

**Let's Go Gai  
Gai:  
一起和去 Gai  
Gai: Singapore  
Press Holdings**

**10.45am to  
1.45pm**

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**ntuc Health**

MON 15	TUE 16	WED 17	THU 18	FRI 19	SAT 20
<b>Seated Water Bottle Exercise</b> 坐姿矿泉水瓶线上运动 10.00am - 11.00am	<b>Let's Chair Yoga 一起做椅子瑜伽</b> 9.30am - 10.30am	<b>Community Health Post</b> 社区健康站 9.00am - 12.00pm	<b>Standing Resistance Band</b> 一起跟HPB做站立做阻力带运动 9.30am - 10.30am	<b>Let's Do Yoga</b> 一起做瑜伽 8.30am - 9.30am	
<b>Let's Do Art 一起做艺术吧</b> 11.00am - 12.00pm	<b>Kpop Exercise with S3 一起跟S3跳 K-pop</b> At / 在: Frontier CC Level 4 10.15am - 11.15am	<b>Let's Do Zumba GOLD by HPB</b> 一起跟HPB做尊巴金 9.30am - 10.30am	<b>Virtual Seated Modified Boxing</b> 线上坐姿改良拳击课程 9.30am - 10.30am	<b>Virtual Seated Resistance Band</b> 线上坐姿阻力带运动 10.00am - 10.45am	
<b>D Sew Club (Interest Group)</b> 缝纫俱乐部 (兴趣小组) 11.00am - 1.00pm	<b>Let's Do Bollywood Dance (Virtual)</b> 一起跳宝莱坞舞吧 (线上) 10.30am to 11.30am	<b>Let's Do Crossfit</b> 一起做Crossfit 10.30am - 11.30am	<b>F4 - Fun Fit Fed and Friends Health Talk</b> F4 - 快乐、健身、美食与朋友 10.30am - 11.00am	<b>HAPPY Programme</b> 健康快乐计划 11.15am - 12.15pm	
<b>Let's Celebrate Birthday</b> 让我们一起庆祝生日 11.00am - 1.00pm	<b>BERNINA Sew-Tech (2 Sessions)</b> 缝纫与科技之旅 (两节课) 10.45am & 12.45pm	<b>Let's Makan Together</b> 一起吃饭吧 12.00am - 1.00pm	<b>F4 - Healthy Makan Together</b> 一起吃饭吧 11.00am - 12.00pm	<b>Let's Go Gai Gai: Gardens By The Bay Sensory Tour</b> 一起和去Gai Gai: 滨海湾花园感官之旅 1.00pm - 6.00pm	
<b>Let's Do Coding 一起学编程</b> 1.30pm - 3.30pm	<b>Malay Language (Intermediate)</b> 马来语与文化学习 (中级) 11.00am - 12.00pm	<b>Let's Do Indonesian Poco -Poco Dance (Virtual)</b> 让我们一起跳印尼波哥波哥舞 (线上) 2.00pm to 3.00pm	<b>Let's Learn to Make Kuih-Muih</b> 一起学习制作马来糕点 12.00pm to 2.00pm	<b>Let's Do Bollywood Dance (Virtual)</b> 一起跳宝莱坞舞吧 (线上) 2.00pm to 3.00pm	
<b>Let's Learn to Tech (HP Class)</b> 一起学科技吧 (手机课) 2.00pm - 3.00pm	<b>S3 Frontier CC: English (Beginner)</b> 一起学英语 (初级) 2.30pm - 3.30pm	<b>S3 Frontier CC: Malay Language (Beginner)i</b> 一起学马来语 (初级) 2.30pm - 3.30pm	<b>KTV Together Karaoke</b> 一起来K歌吧 12.00pm - 3.30pm		
<b>Let's Play Adaptive Sports</b> 一起玩适应性运动 3.30pm to 4.30pm		<b>Music Art Cafe 音乐艺术咖啡馆</b> 3.00pm to 4.00pm	<b>Let's Play Adaptive Sports</b> 一起玩适应性运动 3.30pm to 4.30pm		

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MON 22	TUE 23	WED 24	THU 25	FRI 26	SAT 27
<b>WSQ Food Safety and Hygiene Payment</b> <b>WSQ 食品安全与卫生 付款与报名</b> 9.00am to 3.30pm	<b>Let's Chair Yoga 一起做椅子瑜伽</b> 9.30am - 10.30am	<b>Let's Do Zumba GOLD by HPB</b> <b>一起跟HPB做尊巴金</b> 9.30am - 10.30am	<b>CWAS Trishaw Ride at Jurong Point</b> <b>CWAS 在裕廊坊的三轮车之旅</b> 9.00am - 12.00pm	<b>Let's Go Gai Gai: Bollywood Farms</b> <b>一起和去Gai Gai :宝莱坞农场</b> 9.00am - 2.00pm	
<b>Seated Water Bottle Exercise</b> <b>坐姿矿泉水瓶线上运动</b> 10.00am - 11.00am	<b>Kpop Exercise with S3 一起跟S3跳 K-pop</b> <b>At / 在: Frontier CC Level 4</b> 10.15am -11.15am	<b>Let's Do Crossfit</b> <b>一起做Crossfit</b> 10.30am - 11.30am	<b>Standing Resistance Band</b> <b>一起跟HPB做站立做阻力带运动</b> 9.30am - 10.30am	<b>Let's Do Yoga</b> <b>一起做瑜伽</b> 8.30am - 9.30am	
<b>Let's Learn to Cook (Demo)</b> <b>一起学烹饪 (示范)</b> 10.00am - 12.00pm	<b>Let's Do Bollywood Dance (Virtual)</b> <b>一起跳宝莱坞舞吧 (线上)</b> 10.30am to 11.30am	<b>Let's Makan Together</b> <b>一起吃饭吧</b> 12.00am - 1.00pm	<b>Virtual Seated Modified Boxing</b> <b>线上坐姿改良拳击课程</b> 9.30am - 10.30am	<b>Virtual Seated Resistance Band</b> <b>线上坐姿阻力带运动</b> 10.00am - 10.45am	
<b>Let's Do Art 一起做艺术吧</b> 11.00am - 12.00pm	<b>BERNINA Sew-Tech (2 Sessions)</b> <b>缝纫与科技之旅 (两节课)</b> 10.45am & 12.45pm	<b>Let's Do Indonesian Poco -Poco Dance (Virtual)</b> <b>让我们一起跳印尼波哥波哥舞 (线上)</b> 2.00pm to 3.00pm	<b>F4 - Fun Fit Fed and Friends Health Talk</b> <b>F4 - 快乐、健身、美食与朋友</b> 10.30am - 11.00am	<b>HAPPY Programme</b> <b>健康快乐计划</b> 11.15am - 12.15pm	
<b>D Sew Club (Interest Group)</b> <b>缝纫俱乐部 (兴趣小组)</b> 11.00am - 1.00pm	<b>Malay Language (Intermediate)</b> <b>马来语与文化学习 (中级)</b> 11.00am - 12.00pm	<b>S3 Frontier CC: Malay Language (Beginner)i</b> <b>一起学马来语(初级)</b> 2.30pm - 3.30pm	<b>F4 - Healthy Makan Together</b> <b>一起吃饭吧</b> <b>11.00am - 12.00pm</b>	<b>Malay Language (Beginner)</b> <b>马来语初级班</b> 2.00pm - 3.00pm	
<b>LLet's Do Coding 一起学编程</b> 1.30pm - 3.30pm	<b>Let's Play Adaptive Sports</b> <b>一起玩适应性运动</b> 3.30pm to 4.30pm	<b>Music Art Cafe 音乐艺术咖啡馆</b> 3.00pm to 4.00pm	<b>KTV Together Karaoke</b> <b>一起来K歌吧</b> 12.00pm - 3.30pm	<b>Let's Do Bollywood Dance (Virtual)</b> <b>一起跳宝莱坞舞吧 (线上)</b> 2.00pm to 3.00pm	
<b>Let's Learn Flower Arrangement with Mindy</b> <b>跟Mindy一起学插花</b> 2.00pm - 3.00pm	<b>S3 Frontier CC: English (Beginner)</b> <b>一起学英语 (初级)</b> 2.30pm - 3.30pm		<b>Let's Play Adaptive Sports</b> <b>一起玩适应性运动</b> 3.30pm to 4.30pm		
<b>Let's Play Adaptive Sports</b> <b>一起玩适应性运动</b> 3.30pm to 4.30pm					

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MON

TUE

WED

THU

FRI

SAT

29		30	
Seated Water Bottle Exercise 坐姿矿泉水瓶 线上运动 10.00am - 11.00am	Let's Chair Yoga 一起做椅子瑜伽 9.30am - 10.30am		
Let's Do Art 一起做艺术吧 11.00am - 12.00pm	Kpop Exercise with S3 一起跟S3跳 K-pop At / 在: Frontier CC Level 4 10.15am -11.15am		
D Sew Club (Interest Group) 缝纫俱乐部 (兴趣小组) 11.00am - 1.00pm	Let's Do Bollywood Dance (Virtual) 一起跳宝莱坞舞吧 (线上) 10.30am to 11.30am		
Let's Learn to Cook with Mindy 跟Mindy一起学烹饪 11.00am - 1.00pm	BERNINA Sew-Tech (2 Sessions) 缝纫与科技之旅 (两节课) 10.45am & 12.45pm		
Let's Do Coding 一起学编程 1.30pm - 3.30pm	Malay Language (Intermediate) 马来语与文化学习 (中级) 11.00am - 12.00pm		
Let's Learn to Tech (HP Class) 一起学科技吧 (手机课) 2.00pm - 3.00pm	Let's Play Adaptive Sports 一起玩适应性运动 2.00pm to 3.00pm		
Let's Play Adaptive Sports 一起玩适应性运动 3.30pm to 4.30pm	S3 Frontier CC: English (Beginner) 一起学英语 (初级) 2.30pm - 3.30pm		

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