

2026 February

Registration required

 **Centre Name:** AAC (Whampoa)
 **Centre Address:** Blk 116 Jalan Tenteram #01-06 S320116
 **Centre Contact:** 6590 4289



ntuc Health

MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10 am - 11am (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	Let's do Beads Art 10.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's DrumFit 3pm - 4pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	HPB - Frailty Prevention Programme 2.00pm - 3.30pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm		Let's KTV Together 2pm - 5pm		Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm -5pm		Let's Pilates - Ageless Movement 4pm - 5pm			

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

职总保健活跃乐龄中心保留自行决定修改或删除计划的所有权利，恕不另行通知。

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MON	TUE	WED	THU	FRI	SAT
9	10	11	12	13	14
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10 am - 11am (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	Let's do Beads Art 10.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Jam with Ukulele (Beginner 2) 2.30pm - 4pm	Centre closed	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Magic! (ICCP) 2pm- 3pm	HPB - Frailty Prevention Programme 2.00pm - 3.30pm	Let's DrumFit 3pm - 4pm		
Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm			
Let's Piloxing 3pm - 4pm		Let's KTV Together 2pm - 5pm			
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm		Let's Pilates - Ageless Movement 4pm - 5pm			

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MON	TUE	WED	THU	FRI	SAT
16	17	18	19	20	21
Let's Exercise - Online Video by TTSH 10am - 11am	Centre closed	Centre closed	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10 am - 11am (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm			Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Centre closed			Let's DrumFit 3pm - 4pm	Let's Do Colouring (ICCP) 2pm - 4pm	
				Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
				Let's KTV Together 2pm - 5pm	
				Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
				Let's Pilates - Ageless Movement Foundation 3.45pm - 4.30pm	

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MON	TUE	WED	THU	FRI	SAT
23	24	25	26	27	28
Let's Exercise - Online Video by TTSH 10am - 11am	Let's Meridian 10am - 11am	Let's Qigong (HPB) 10am - 11am	Let's Taichi 10am - 11am	Let's Do Live-Stream Exercise 10am - 11am	Let's Jam with Guitar 10 am - 11am (RN)
Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	Let's Taichi 11am - 12pm	Let's Gen Together (Kindergarten) 10am - 11am	Let's Gen Together (Kindergarten) 10am - 11am	Let's Table Tennis & Let's Exercise- Treadmill (ICCP) 11am - 1pm	
Let's Meridian 2pm - 3pm	Grooving Down Memory Lane 2pm - 3pm	Let's do Beads Art 10.30am - 12.30pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Colouring (ICCP) 2pm - 4pm	
Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	Let's Do Magic! (ICCP) 2pm - 3pm	Let's Chair Zumba (HPB) 11.30am - 12.30pm	Let's Jam with Ukulele (Beginner 2) 2.30pm - 4pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	
Let's KTV Together 2pm - 5pm	Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm	HPB - Frailty Prevention Programme 2.00pm - 3.30pm	Let's DrumFit 3pm - 4pm	Let's KTV Together 2pm - 5pm	
Let's Piloxing 3pm - 4pm		Strategise with Kakis: Rummy O / Mahjong 2pm - 5pm		Let's Pilates - Ageless Movement 2.30pm - 3.30pm	
Let's Exercise - Online Video Cardio & Strength Workout Online (ICCP) 4pm - 5pm		Let's KTV Together 2pm - 5pm		Let's Pilates - Ageless Movement (Foundation) 3.45pm - 4.30pm	
		Let's Pilates - Ageless Movement 4pm - 5pm			

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2026 2月

需要注册

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MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7
一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起打太极 10am - 11am	一起线上做运动 10am - 11am	一起吉他演奏 10am - 11am (RN)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起 Beads Art 10.30am - 12.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	回忆往事 2pm - 3pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起做 DrumFit 3pm - 4pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	保健促进局 - Frailty Prevention Programme 2.00pm - 3.30pm		游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm		游戏时间 - 麻将/数字麻将 2pm - 5pm		一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm		一起来K歌 2pm - 5pm		一起做普拉提 - 无界康动 2.30pm - 3.30pm	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm		一起做普拉提 - 无界康动 4pm - 5pm			

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一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起打太极 10am - 11am	一起线上做运动 10am - 11am	一起吉他演奏 10am - 11am (RN)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起 Beads Art 10.30am - 12.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	回忆往事 2pm - 3pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起尤克里里演奏 (初级2) 2.30pm - 4pm	中心关闭	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起变魔术! 魔术! (ICCP) 2pm - 3pm	保健促进局 - Frailty Prevention Programme 2.00pm - 3.30pm	一起做 DrumFit 3pm - 4pm		
一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm			
一起做 Piloxing 3pm - 4pm		一起来K歌 2pm - 5pm			
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm		一起做普拉提 - 无界康动 4pm - 5pm			

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16	17	18	19	20	21
一起做线上运动 (TTSH) 10am - 11am	中心关闭	中心关闭	一起打太极 10am - 11am	一起做线上运动 10am - 11am	一起吉他演奏 10am - 11am (RN)
一起跑步机, 一起 乒乓球 (ICCP) 11am - 1pm			游戏时间 - 麻将/数字麻将 2pm - 5pm	跑步机/乒乓球 (ICCP) 11am - 1pm	
中心关闭			一起做 DrumFit 3pm - 4pm	一起来彩色 (ICCP) 2pm - 4pm	
				游戏时间 - 麻将/数字麻将 2pm - 5pm	
				一起来K歌 2pm - 5pm	
				一起做普拉提 - 无界康动 2.30pm - 3.30pm	
				一起做普拉提 - 无界康动 (基础班) 3.45pm - 4.30pm	

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一起做线上运动 (TTSH) 10am - 11am	一起做经脉运动 10am - 11am	一起练气功 (HPB) 10am - 11am	一起打太极 10am - 11am	一起做线上运动 10am - 11am	一起吉他演奏 10am - 11am (RN)
一起跑步机, 一起乒乓球 (ICCP) 11am - 1pm	一起打太极 11am - 12pm	一起 Gen (幼稚园) 10am - 11am	一起 Gen (幼稚园) 10am - 11am	跑步机/乒乓球 (ICCP) 11am - 1pm	
一起做经脉运动 2pm - 3pm	回忆往事 2pm - 3pm	一起 Beads Art 10.30am - 12.30pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	一起来彩色 (ICCP) 2pm - 4pm	
游戏时间 - 麻将/数字麻将 2pm - 5pm	一起变魔术! 魔术! (ICCP) 2pm - 3pm	一起做坐式尊巴舞 (HPB) 11.30am - 12.30pm	一起尤克里里演奏 (初级2) 2.30pm - 4pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	
一起来K歌 2pm - 5pm	游戏时间 - 麻将/数字麻将 2pm - 5pm	保健促进局 - Frailty Prevention Programme 2.00pm - 3.30pm	一起做 DrumFit 3pm - 4pm	一起来K歌 2pm - 5pm	
一起做 Piloxing 3pm - 4pm		游戏时间 - 麻将/数字麻将 2pm - 5pm		一起做普拉提 - 无界康动 2.30pm - 3.30pm	
一起做线上有氧和力量运动 (ICCP) 4pm - 5pm		一起来K歌 2pm - 5pm		一起做普拉提 - 无界康动 (基础班) 3.45pm - 4.30pm	
		一起做普拉提 - 无界康动 4pm - 5pm			

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