




2025 January

 **Centre Name:** AACC (Bukit Batok West)
 **Centre Address:** Blk 439 Bukit Batok West Ave 8 #02-01 S.650439
 **Centre Contact:** 69705829 / 81632705






ntuc Health

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		New Year's Day (Public Holiday)	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	
			Let's Do Seated Exercise@10-11am	Let's Line Dance (IL)@10-11am	
			Let's Walking Football@10-11.30am [NTUC AACC JCP]	Let's Do Recycle Art@1.30-3pm	
			Let's Do Rolling Programme@9.45-10.45am	Let's Pick Up Malay@2-3pm [FULL]	
			Let's Play Music With Ukulele@12-1.15pm		
			Let's CrossFit @3-4pm		
6	7	8	9	10	11
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Bowl (Male Exclusive)@9.30am-12pm	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	
Let's Exercise With Razak On Zoom@10-10.45am	Let's Exercise With Razak On Zoom@10-10.45am	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10-11am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Level Up English@10-11am [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Services - Haircut services @10am-1pm	Let's Do Recycle Art@1.30-3pm	
Let's Jam With Ukulele@11am-1pm	Let's Level Up Malay@11am-12pm [FULL]	Let's Play Music With Ocarina@11am-12pm	Let's Do Rolling Programme@9.45-10.45am	Let's Pick Up Malay@2-3pm [FULL]	
Let's Chinese Dance@1.30-3pm	Let's Do Patchwork @1.30-4pm	Let's Jam With Ukulele@1.30-2.30pm	Let's Walking Football@10-11.30am [NTUC AACC JCP]		
Let's Do Stocking Flower@3-4pm	Let's Celebrate Birthday@2-4pm [By Invitation Only]	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Chinese Dance(Beginner)@3.30-4.30pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm		Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Gen Together - National Junior College@9am-12pm	
Let's Exercise With Razak On Zoom@10-10.45am	Let's Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10-11am	Stay Well Series - Health Talk by NUP (English)@9-10.15am	
Let's Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Let's Walking Football@10-11.30am [NTUC AACC JCP]	Stay Well Series - Health Talk by NUP (Chinese)@10.15-11am	
Let's Jam With Ukulele@11am-1pm	Let's Learn To Sing@2-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Do Rolling Programme@9.45-10.45am	Let's Line Dance (IL)@10-11am	
Let's Chinese Dance@1.30-3pm	Let's Do Patchwork @1.30-4pm	Let's Jam With Ukulele@1.30-2.30pm	Let's Play Music With Ukulele@12-1.15pm	Let's Do Recycle Art@1.30-3pm	
Let's Do Stocking Flower@3-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm	Let's Gen Together - National Junior College@2.30-4.30pm	Let's Pick Up Malay@2-3pm [FULL]	
Let's Chinese Dance(Beginner)@3.30-4.30pm					
20	21	22	23	24	25
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Services - Wellness - CHP@9-12pm	Let's Taichi@8.30-9.30am (438 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	
Let's Gen Together - MyFirstSkool@10-11am	Let's Level Up English@10-11am [FULL]	Let's Do Nagomi Art @9.30-10.30am	Let's Do Seated Exercise@10-11am	Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]	Let's Exercise With Razak On Zoom@10-10.45am	Services - Haircut services @10am-1pm	Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm	Let's Learn To Sing@2-4pm	Let's Play Music With Ocarina@11am-12pm	Let's Do Rolling Programme@9.45-10.45am	Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-3pm	Let's Do Patchwork @1.30-4pm	Let's Jam With Ukulele@1.30-2.30pm	Let's Walking Football@10-11.30am [NTUC AACC JCP]	Let's Pick Up Malay@2-3pm [FULL]	
Let's Do Stocking Flower@3-4pm	Let's Steel Combat (Male Exclusive) @3.30-4.30pm	Let's Yogalates @2-3pm	Let's Play Music With Ukulele@12-1.15pm		
Let's Chinese Dance(Beginner)@3.30-4.30pm			Current affair U&Me@1.30-2.30pm		
			Let's CrossFit @3-4pm		

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Taichi@8.30-9.30am (441 Pavillion)	Let's Exercise With Razak On Zoom@10-10.45am	Chinese New Year (Public Holiday)	Chinese New Year (Public Holiday)	Let's Exercise With Razak On Zoom@10-10.45am	
Let's Exercise With Razak On Zoom@10-10.45am	Let's Level Up English@10-11am [FULL]			Let's Line Dance (IL)@10-11am	
Let's Do Crochet@10am-12pm	Let's Level Up Malay@11am-12pm [FULL]			Strategise with Kakis - Rummy O@1.30-3pm	
Let's Jam With Ukulele@11am-1pm	Centre Closed			Let's Do Recycle Art@1.30-3pm	
Let's Chinese Dance@1.30-3pm				Centre Closed	
Let's Do Stocking Flower@3-4pm					
Let's Chinese Dance(Beginner)@3.30-4.30pm		Let's Pick Up Malay@2-3pm [FULL]			

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MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		中心休业 (元旦)	一起打太极 @8.30-9.30am (438 凉亭)	一起跟Razak线上做运动 @10-10.45am	
			一起做运动 (坐式)@10-11am	一起跳排舞(IL)@10-11am	
			一起做防跌运动 @9.45-10.45am	一起做再循环工艺@1.30-3pm	
			一起来踢球 @10-11.30am [NTUC AACC JCP]	一起学马来文-初级@2-3pm [班级已满]	
			一起玩音乐-乌克兰丽丽 @12-1.15pm		
			一起做CrossFit@3-4pm		
6	7	8	9	10	11
一起打太极 @8.30-9.30am (441 凉亭)	一起打保龄球 (只限男性)@10am-12pm	服务 - 社区保健站 @9am-12pm	一起打太极 @8.30-9.30am (438 凉亭)	一起跟Razak线上做运动 @10-10.45am	
一起跟Razak线上做运动 @10-10.45am	一起跟Razak线上做运动 @10-10.45am	一起做日本和谐粉彩 @9.30-10.30am	一起做运动 (坐式)@10-11am	一起跳排舞(IL)@10-11am	
一起做钩针编织@10am-12pm	一起学英文-中级 @10-11am [班级已满]	一起跟Razak线上做运动 @10-10.45am	Services - Haircut services @10am-1pm	一起做再循环工艺@1.30-3pm	
一起玩乌克兰丽丽@11am-1pm	一起学马来文-中级 @11am-12pm [班级已满]	一起玩音乐-陶笛@11am-12pm	一起做防跌运动 @9.45-10.45am	一起学马来文-初级@2-3pm [班级已满]	
一起跳华族舞@1.30-3pm	一起做拼布工艺 @1.30-4pm	一起玩乌克兰丽丽@1.30-2.30pm	一起来踢球 @10-11.30am [NTUC AACC JCP]		
一起做丝袜手工 @3-4pm	一起来庆生@2-4pm [仅限邀请]	一起做瑜伽提斯@2-3pm	一起玩音乐-乌克兰丽丽 @12-1.15pm		
一起跳华族舞(初学者)@3.30-4.30pm	一起做钢铁拳击(精简版)(只限男性)@3.30-4.30pm			一起做CrossFit@3-4pm	

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MON

TUE

WED

THU

FRI

SAT

13	14	15	16	17	18
一起打太极 @8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @10-10.45am	服务 - 社区保健站 @9am-12pm	一起打太极 @8.30-9.30am (438 凉亭)	代际交流 - National Junior College @9am-12pm	
一起跟Razak线上做运动 @10-10.45am	一起学英文-中级 @10-11am [班级已满]	一起做日本和谐粉彩 @9.30-10.30am	一起做运动 (坐式) @10-11am	保健系列 - 健康讲座(英语) @9-10.15am	
一起做钩针编织 @10am-12pm	一起学马来文-中级 @11am-12pm [班级已满]	一起跟Razak线上做运动 @10-10.45am	一起做防跌运动 @9.45-10.45am	保健系列 - 健康讲座(华语) @10.15-11am	
一起玩乌克兰丽丽 @11am-1pm	一起来唱歌 @2-4pm	一起玩音乐-陶笛 @11am-12pm	一起来踢球 @10-11.30am [NTUC AACC JCP]	一起跳排舞(IL) @10-11am	
一起跳华族舞 @1.30-3pm	一起做拼布工艺 @1.30-4pm	一起玩乌克兰丽丽 @1.30-2.30pm	一起玩音乐-乌克兰丽丽 @12-1.15pm	一起做再循环工艺 @1.30-3pm	
一起做丝袜手工 @3-4pm	一起做钢铁拳击(精简版)(只限男性) @3.30-4.30pm	一起做瑜伽提斯 @2-3pm	代际交流 - National Junior College @2.30-4.30pm	一起学马来文-初级 @2-3pm [班级已满]	
一起跳华族舞(初学者) @3.30-4.30pm					
20	21	22	23	24	25
一起打太极 @8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @10-10.45am	服务 - 社区保健站 @9am-12pm	一起打太极 @8.30-9.30am (438 凉亭)	一起跟Razak线上做运动 @10-10.45am	
代际交流 - MyFirstSkool @10-11am	一起学英文-中级 @10-11am [班级已满]	一起做日本和谐粉彩 @9.30-10.30am	一起做运动 (坐式) @10-11am	一起跳排舞(IL) @10-11am	
一起做钩针编织 @10am-12pm	一起学马来文-中级 @11am-12pm [班级已满]	一起跟Razak线上做运动 @10-10.45am	服务 - 理发 @10am- 1pm	一起做再循环工艺 @1.30-3pm	
一起玩乌克兰丽丽 @11am-1pm	一起来唱歌 @2-4pm	一起玩音乐-陶笛 @11am-12pm	一起做防跌运动 @9.45-10.45am		
一起跳华族舞 @1.30-3pm	一起做拼布工艺 @1.30-4pm	一起玩乌克兰丽丽 @1.30-2.30pm	一起来踢球 @10-11.30am [NTUC AACC JCP]	一起学马来文-初级 @2-3pm [班级已满]	
一起做丝袜手工 @3-4pm	一起做钢铁拳击(精简版)(只限男性) @3.30-4.30pm	一起做瑜伽提斯 @2-3pm	一起玩音乐-乌克兰丽丽 @12-1.15pm		
一起跳华族舞(初学者) @3.30-4.30pm			时事新闻你和我 @1.30-2.30pm		
			一起做CrossFit @3-4pm		

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27	28	29	30	31	
一起打太极 @8.30-9.30am (441 凉亭)	一起跟Razak线上做运动 @10-10.45am	中心休业 (农历新年)	中心休业 (农历新年)	一起跟Razak线上做运动 @10-10.45am	
一起跟Razak线上做运动 @10-10.45am	一起学英文-中级@10-11am [班级 已满]			一起跳排舞(IL)@10-11am	
一起做钩针编织 @10am-12pm	一起学马来文-中级@11am-12pm [班级已满]			一起做再循环工艺@1.30-3pm	
一起玩乌克丽丽 @11am-1pm	中心休业			一起学马来文-初级@2-3pm [班级 已满]	
一起跳华族舞@1.30-3pm					
一起做丝袜手工@3-4pm					
一起跳华族舞(初学 者)@3.30-4.30pm					

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