

# 2025 January

\*Nominal fee of \$3 per session

\*Only for selected Seniors only

Centre Name: AACC (Kampung Admiralty)  
 Centre Address: 676 Woodlands Drive 71 #06-01 S. 730676  
 Centre Contact: 6870 8500



MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
			Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	Digital Life Club @ Woodlands 10:00am - 12:00pm
			Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	Let's Do Calligraphy (Advance) 10:00am - 12:00pm
			Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
			Let's Do Nagomi (B/C) 2:30pm - 4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
			Fun with Kakis 2:00pm - 4:00pm		
6	7	8	9	10	11
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am - 11:30am	Let's Exercise with Razak (Chairbics) 10:00am - 10:45am	Walking Football* 10:00am - 11:30am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Happy* 2:00pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Do Nagomi (B/C) 2:30pm - 4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Digital - Make-3D-Werkz* 2:00pm - 5:30pm	Fun with Kakis 2:00pm - 4:00pm	Let's Do Calligraphy class (Beginner) 3:30pm - 5:00pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am	Walking Football* 10:00am - 11:30am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Happy* 2:00 pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Do Nagomi (B/C) 2:30pm -4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Digital - Make-3D-Werkz* 2:00pm - 5:30pm	Fun with Kakis 2:00pm - 4:00pm		
Festive Flower Arrangement 2:30pm - 5:30pm	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am	Walking Football* 10:00am - 11:30am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Happy* 2:00 pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Do Nagomi (B/C) 2:30pm -4:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Makan Together 12:00pm - 1:00pm	Digital - Make-3D-Werkz* 2:00pm - 5:30pm	Fun with Kakis 2:00pm - 4:00pm	Let's Do Calligraphy class (Beginner) 3:30pm - 5:00pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Do Crochet 2:00pm - 4:00pm				
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am			Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak(Chairbics) 10:00am - 10:45am			Let's Exercise with Razak (Aerobics) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm			Let's Sing Opera Together 12:30pm - 2:30pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm			Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm					

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# 2025 一月

\* 每节课费用 \$3元

\* 仅限选定的会员

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ntuc Health

MON	TUE	WED	THU	FRI	SAT
		1 	2 方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 一起玩乌克兰丽 (B) 11:00am - 12:00pm 一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm 游戏时间 2:00pm - 4:00pm	3 一起玩钟琴 10:00am - 11:30am 一起跟Razak线上做运动 10:00am - 10:45am 一起来唱戏 12:30pm - 2:30pm 一起做再循环工艺 (B) 1:30pm - 3:30pm	4 一起写书法 (进步) 10:00am - 12:00pm 数码技能 @ 兀兰 10:00am - 12:00pm
6 一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克兰丽 (A) 10:30am - 11:30am 一起学唱歌 12:30pm - 2:30pm 一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm 一起做再循环工艺 2:00pm - 4:00pm 乐学数码 (IMDA) 3:45pm - 5:00pm	7 一起练气功 8:30am - 9:30am 一起跟Razak线上做运动 10:00am - 10:45am 一起做禅绕画 11:00am - 12:00pm 水上乐趣健身* 12pm - 1pm 一起做钩针编织 2:00pm - 4:00pm 一起跳排舞 (A) 2:00pm - 3:00pm 一起跳排舞 (B) 3:00pm - 4:00pm	8 一起跳印族舞 9:30am - 11:30am 一起做步行足球* 10:00am - 11:30am 一起做Happy* 2:00 pm - 3:00pm 一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm 3D 打印学习课程* 2:00pm - 5:30pm	9 方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 一起玩乌克兰丽 (B) 11:00am - 12:00pm 一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm 游戏时间 2:00pm - 4:00pm	10 一起玩钟琴 10:00am - 11:30am 一起跟Razak线上做运动 10:00am - 10:45am 一起来唱戏 12:30pm - 2:30pm 一起做再循环工艺 (B) 1:30pm - 3:30pm 一起写书法 (初学者) 3:30pm - 5:00pm	11

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<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起做步行足球* 10:00am - 11:30am	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起做Happy* 2:00 pm - 3.00pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	水上乐趣健身* 12pm - 1pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm	一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm	一起做再循环工艺 (B) 1:30pm - 3:30pm	
一起做再循环工艺 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	3D 打印学习课程* 2:00pm - 5:30pm	游戏时间 2:00pm - 4:00pm		
插花工作坊 2:30pm - 5:30pm	一起跳排舞 (A) 2:00pm - 3:00pm				
	一起跳排舞 (B) 3:00pm - 4:00pm				
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起做Happy* 2:00 pm - 3.00pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
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一起做再循环工艺 2:00pm - 4:00pm	一起来 makan - 中心内 12:00pm - 1:00pm	3D 打印学习课程* 2:00pm - 5:30pm	游戏时间 2:00pm - 4:00pm	一起写书法 (初学者) 3:30pm - 5:00pm	
乐学数码 (IMDA) 3:45pm - 5:00pm	一起做钩针编织 2:00pm - 4:00pm				
	一起跳排舞 (A) 2:00pm - 3:00pm				
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一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am			一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm			一起来唱戏 12:30pm - 2:30pm	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	水上乐趣健身* 12pm - 1pm			一起做再循环工艺 (B) 1:30pm - 3:30pm	
一起做再循环工艺 2:00pm - 4:00pm					

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