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
		HAPPY	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
		Then year	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 2:30pm	
		<u>AZUZO</u> M	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(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	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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MON	TUE	WED	THU	FRI	SAT
13	14	15	16	17	18
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				
20	21	22	23	24	25
Let's Kpop (Lite)			Square Stepping Exercise	Let's Jam with Glockenspiel	
9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	10:00am - 11:00am	10:00am -11:30pm	
				-	
9:30am - 10:30am Let's Jam with Ukulele (A)	8:30am - 9:30am Let's Exercise with Razak(Chairobics)	9:30am - 11:30am Walking Football*	10:00am - 11:00am Let's Steel Tonic Lite	10:00am -11:30pm Let's Exercise with Razak (Resistance Band)	
9:30am - 10:30am Let's Jam with Ukulele (A) 10:30am-11:30am Let's Sing Together	8:30am - 9:30am Let's Exercise with Razak(Chairobics) 10:00am - 10:45am Let's Do Zentangle	9:30am - 11:30am Walking Football* 10:00am - 11:30am Let's Happy*	10:00am - 11:00am Let's Steel Tonic Lite 10:00am - 11:00am Let's Jam with Ukulele (B)	10:00am -11:30pm Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together	
9:30am - 10:30am Let's Jam with Ukulele (A) 10:30am-11:30am Let's Sing Together 12:30pm - 2:30pm Let's Steel Combat (Male Exclusive)	8:30am - 9:30am Let's Exercise with Razak(Chairobics) 10:00am - 10:45am Let's Do Zentangle 11:00am - 12:00pm Let's Do Aqua Fun Fit*	9:30am - 11:30am Walking Football* 10:00am - 11:30am Let's Happy* 2:00 pm - 3.30pm Let's Do Nagomi (A)	10:00am - 11:00am Let's Steel Tonic Lite 10:00am - 11:00am Let's Jam with Ukulele (B) 11:00am - 12:00pm Let's Do Nagomi (B/C)	10:00am -11:30pm Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together 12:30pm - 2:30pm Let's Do Recycle Art (B)	
9:30am - 10:30am Let's Jam with Ukulele (A) 10:30am-11:30am Let's Sing Together 12:30pm - 2:30pm Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm Let's Do Recycle Art	8:30am - 9:30am Let's Exercise with Razak(Chairobics) 10:00am - 10:45am Let's Do Zentangle 11:00am - 12:00pm Let's Do Aqua Fun Fit* 12:00pm - 1:00pm Let's Makan Together	9:30am - 11:30am Walking Football* 10:00am - 11:30am Let's Happy* 2:00 pm - 3.30pm Let's Do Nagomi (A) 2:00pm - 3:30pm Digital - Make-3D-Werkz*	10:00am - 11:00am Let's Steel Tonic Lite 10:00am - 11:00am Let's Jam with Ukulele (B) 11:00am - 12:00pm Let's Do Nagomi (B/C) 2:30pm -4:00pm Fun with Kakis	10:00am -11:30pm Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together 12:30pm - 2:30pm Let's Do Recycle Art (B) 1:30pm - 3:30pm Let's Do Calligraphy class (Beginner)	
9:30am - 10:30am Let's Jam with Ukulele (A) 10:30am-11:30am Let's Sing Together 12:30pm - 2:30pm Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm Let's Do Recycle Art 2:00pm - 4:00pm Let's Learn Digital (IMDA)	8:30am - 9:30am Let's Exercise with Razak(Chairobics) 10:00am - 10:45am Let's Do Zentangle 11:00am - 12:00pm Let's Do Aqua Fun Fit* 12:00pm - 1:00pm Let's Makan Together 12:00pm - 1:00pm Let's Do Crochet	9:30am - 11:30am Walking Football* 10:00am - 11:30am Let's Happy* 2:00 pm - 3.30pm Let's Do Nagomi (A) 2:00pm - 3:30pm Digital - Make-3D-Werkz*	10:00am - 11:00am Let's Steel Tonic Lite 10:00am - 11:00am Let's Jam with Ukulele (B) 11:00am - 12:00pm Let's Do Nagomi (B/C) 2:30pm -4:00pm Fun with Kakis	10:00am -11:30pm Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am Let's Sing Opera Together 12:30pm - 2:30pm Let's Do Recycle Art (B) 1:30pm - 3:30pm Let's Do Calligraphy class (Beginner)	



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SAT

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ogether pm	
Art (B) om	

2025 — 天 *每节课费用 \$3元 *仅限选定的会员		 Centre Name: AACC (K Centre Address: 676 Woo Centre Contact: 6870 85 	odlands Drive 71 #06-01 S. 730676		U Health
MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
			方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	一起写书法 (进步) 10:00am - 12:00pm
		HAPPY	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	数码技能 @ 兀兰 10:00am - 12:00pm
		Men Year	一起玩乌克丽丽 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
		<u>~2025</u>	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	
			游戏时间 2:00pm - 4:00pm		
6	7	8	9	10	11
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	
一起玩乌克丽丽 (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	一起玩乌克丽丽 (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	一起写书法 (初学者) 3:30pm - 5:00pm	
乐学数码(IMDA) 3:45pm - 5:00pm	一起跳排舞 (A) 2:00pm - 3:00pm				
	一起跳排舞 (B) 3:00pm - 4:00pm				







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一起玩乌克丽丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am		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	一起玩乌克丽丽 (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	ー起做再循 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				
20	04		00		
20	21	22	23	24	25
	21 一起练气功 8:30am - 9:30am	22 一起跳印族舞 9:30am - 11:30am	 方块踏步运动 10:00am - 11:00am	24 一起玩钟琴 10:00am - 11:30am	25
一起跳K-pop (Lite)	一起练气功	一起跳印族舞	方块踏步运动	一起玩钟琴	25
一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A)	一起练气功 8:30am - 9:30am 一起跟Razak线上做运动	一起跳印族舞 9:30am - 11:30am 一起做步行足球 *	方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite	一起玩钟琴 10:00am - 11:30am 一起跟Razak线上做运动	25
一起跳K-pop (Lite) 9:30am - 10:30am 一起玩乌克丽丽 (A) 10:30am - 11:30am 一起学唱歌	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	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*	方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 一起玩乌克丽丽 (B)	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	25
ー起跳K-pop (Lite) 9:30am - 10:30am ー起玩乌克丽丽 (A) 10:30am - 11:30am ー起学唱歌 12:30pm - 2:30pm ー起做钢铁拳击(精简版)(只限男性)	ー起练气功 8:30am - 9:30am ー起跟Razak线上做运动 10:00am - 10:45am ー起做禅绕画 11:00am - 12:00pm 水上乐趣健身*	ー起跳印族舞 9:30am - 11:30am ー起做步行足球 * 10:00am - 11:30am ー起做Happy* 2:00 pm - 3.00pm ー起做日本和 谐粉彩 (兴趣班)	方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 一起玩乌克丽丽 (B) 11:00am - 12:00pm 一起做日本和谐粉彩 (中级)	ー起玩钟琴 10:00am - 11:30am ー起跟Razak线上做运动 10:00am - 10:45am ー起来唱戏 12:30pm - 2:30pm ー起做再循环工艺 (B)	25
ー起跳K-pop (Lite) 9:30am - 10:30am ー起玩乌克丽丽 (A) 10:30am - 11:30am ー起学唱歌 12:30pm - 2:30pm ー起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm ー起做再循环工艺	ー起练气功 8:30am - 9:30am ー起跟Razak线上做运动 10:00am - 10:45am ー起做禅绕画 11:00am - 12:00pm 水上乐趣健身* 12pm - 1pm ー起来makan - 中心内	ー起跳印族舞 9:30am - 11:30am ー起做步行足球* 10:00am - 11:30am ー起做Happy* 2:00 pm - 3.00pm ー起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm 3D 打印学习课程*	方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 一起玩乌克丽丽 (B) 11:00am - 12:00pm 一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm 游戏时间	ー起玩钟琴 10:00am - 11:30am ー起跟Razak线上做运动 10:00am - 10:45am ー起来唱戏 12:30pm - 2:30pm ー起做再循环工艺 (B) 1:30pm - 3:30pm ー起写书法 (初学者)	25
ー起跳K-pop (Lite) 9:30am - 10:30am ー起玩乌克丽丽 (A) 10:30am - 11:30am ー起学唱歌 12:30pm - 2:30pm ー起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm ー起做再循环工艺 2:00pm - 4:00pm 乐学数码 (IMDA)	ー起练气功 8:30am - 9:30am ー起跟Razak线上做运动 10:00am - 10:45am ー起做禅绕画 11:00am - 12:00pm 水上乐趣健身* 12pm - 1pm ー起来makan - 中心内 12:00pm - 1:00pm ー起做钩针编织	ー起跳印族舞 9:30am - 11:30am ー起做步行足球* 10:00am - 11:30am ー起做Happy* 2:00 pm - 3.00pm ー起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm 3D 打印学习课程*	方块踏步运动 10:00am - 11:00am 一起做Steel Tonic Lite 10:00am - 11:00am 一起玩乌克丽丽 (B) 11:00am - 12:00pm 一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm 游戏时间	ー起玩钟琴 10:00am - 11:30am ー起跟Razak线上做运动 10:00am - 10:45am ー起来唱戏 12:30pm - 2:30pm ー起做再循环工艺 (B) 1:30pm - 3:30pm ー起写书法 (初学者)	





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SAT

1	
元钟琴	
- 11:30am	
k线上做运动	
- 10:45am	
医唱戏	
- 2:30pm	
i环エ艺 (B)	
- 3:30pm	