

TIME	MON 星期一	TUES 星期二	WED 星期三	THU 星期四	FRI 星期五	SAT / SUN 周末
				1	2	3 & 4
9AM - 10.30AM				Mobility Class 运动之健康	CLOSED	CLOSED
10.30AM - 12NN						
	5	6	7	8	9	10 & 11
9AM - 10.30AM	Stretch Band 拉筋操 	HPB Zumba Gold 健康365 尊巴舞		Mobility Class 运动之健康	3 - 5 PM 学用手机程序课程 地点: 大牌525	CLOSED
10.30AM - 12NN	Chair-based Exercise 坐姿运动 2 - 4PM Rummykub @ Blk 525	Basic English Class 初级英文班 ★	Ukulele Train-the-Trainer Course 			
	12	13	14	15	16	17 & 18
9AM - 10.30AM	 Stretch Band 拉筋操	HPB Zumba Gold 健康365 尊巴舞		Mobility Class 运动之健康	3 - 5 PM IMDA DIGITAL WORKSHOP (ENGLISH / MALAY) @ BLK 525	CLOSED
10.30AM - 12NN	Chair-based Exercise 坐姿运动 2 - 4PM Rummykub @ Blk 525	Basic English Class 初级英文班 ★	Ukulele Train-the-Trainer Course 			
	19	20	21	22	23	24 & 25
9AM - 10.30AM	Stretch Band 拉筋操 	HPB Zumba Gold 健康365 尊巴舞		Mobility Class 运动之健康	CLOSED	CLOSED
10.30AM - 12NN	Chair-based Exercise 坐姿运动 2 - 4PM Rummykub @ Blk 525	Basic English Class 初级英文班 ★	Ukulele Train-the-Trainer Course 			
	26	27	28	29	30	31
9AM - 10.30AM	 Stretch Band 拉筋操	HPB Zumba Gold 健康365 尊巴舞		Mobility Class 运动之健康	CLOSED	CLOSED
10.30AM - 12NN	Chair-based Exercise 坐姿运动 2 - 4PM Rummykub @ Blk 525	Basic English Class 初级英文班 ★	Ukulele Train-the-Trainer Course 			