

Class Schedules for Courses in SAFRA Choa Chu Kang

- **Aqua Fitness**
- **Pilates**
- **Karate**
- **Goalkick (Futsal Course)**
- **Inline Skating**
- **Zumba**
- **Yoga**
- **Piloxing**

Class Schedule for Aqua Fitness (2026) at SAFRA Choa Chu Kang

		Swimming Pool					
		Acquapole	Aqua Spin	Aqua Silver	Aqua Zumba	Aqua Aerobic	Floatfit
		Wednesday	Thursday	Friday	Friday	Saturday	Sunday
		7.30pm to 8.15pm	7.30pm to 8.15pm	10.30am to 11.30am	7.30pm to 8.15pm	7.30pm to 8.15pm	7.30pm to 8.15pm
T1	Lesson 1	7-Jan-26	8-Jan-26	9-Jan-26	9-Jan-26	10-Jan-26	11-Jan-26
	Lesson 2	14-Jan-26	15-Jan-26	16-Jan-26	16-Jan-26	17-Jan-26	18-Jan-26
	Lesson 3	21-Jan-26	22-Jan-26	23-Jan-26	23-Jan-26	24-Jan-26	25-Jan-26
	Lesson 4	28-Jan-26	29-Jan-26	No Class	No Class	No Class	No Class
	Lesson 5	4-Feb-26	5-Feb-26	No Class	No Class	No Class	No Class
	Lesson 6	11-Feb-26	12-Feb-26	13-Feb-26	13-Feb-26	14-Feb-26	15-Feb-26
	Lesson 7	No Class	19-Feb-26	20-Feb-26	20-Feb-26	21-Feb-26	22-Feb-26
	Lesson 8	25-Feb-26	26-Feb-26	27-Feb-26	27-Feb-26	28-Feb-26	1-Mar-26
	Lesson 9	4-Mar-26	5-Mar-26	6-Mar-26	6-Mar-26	7-Mar-26	8-Mar-26
	Lesson 10	11-Mar-26	12-Mar-26	13-Mar-26	13-Mar-26	14-Mar-26	15-Mar-26
	Lesson 11	18-Mar-26	19-Mar-26	20-Mar-26	20-Mar-26	No Class	22-Mar-26
	Lesson 12	25-Mar-26	26-Mar-26	27-Mar-26	No Class	No Class	No Class
	Replacement	1-Apr-26	No Class	No Class	3-Apr-26	4-Apr-26	5-Apr-26

		Swimming Pool					
		Aqua Yoga*	Aqua Spin	Aqua Silver	Aqua Zumba	Aqua Aerobic	Floatfit
		Wednesday	Thursday	Friday	Friday	Saturday	Sunday
		7.30pm to 8.15pm	7.30pm to 8.15pm	10.30am to 11.30am	7.30pm to 8.15pm	7.30pm to 8.15pm	7.30pm to 8.15pm
T2	Lesson 1	8-Apr-26	9-Apr-26	10-Apr-26	10-Apr-26	11-Apr-26	12-Apr-26
	Lesson 2	15-Apr-26	16-Apr-26	17-Apr-26	17-Apr-26	18-Apr-26	19-Apr-26
	Lesson 3	22-Apr-26	23-Apr-26	24-Apr-26	24-Apr-26	25-Apr-26	26-Apr-26
	Lesson 4	29-Apr-26	30-Apr-26	No Class	1-May-26	2-May-26	3-May-26
	Lesson 5	6-May-26	7-May-26	8-May-26	8-May-26	9-May-26	10-May-26
	Lesson 6	13-May-26	14-May-26	15-May-26	15-May-26	16-May-26	17-May-26
	Lesson 7	20-May-26	21-May-26	22-May-26	22-May-26	23-May-26	24-May-26
	Lesson 8	No Class	28-May-26	29-May-26	29-May-26	30-May-26	No Class
	Lesson 9	3-Jun-26	4-Jun-26	5-Jun-26	5-Jun-26	6-Jun-26	7-Jun-26
	Lesson 10	10-Jun-26	11-Jun-26	12-Jun-26	12-Jun-26	13-Jun-26	14-Jun-26
	Lesson 11	17-Jun-26	18-Jun-26	19-Jun-26	19-Jun-26	20-Jun-26	21-Jun-26
	Lesson 12	24-Jun-26	25-Jun-26	26-Jun-26	26-Jun-26	27-Jun-26	28-Jun-26
	Replacement	1-Jul-26	No Class	3-Jul-26	No Class	No Class	5-Jul-26

*New course

Class Schedule for Pilates (2026) at SAFRA Choa Chu Kang

		Social Hive
		Pilates
		Tuesday
	Beginner	6.30pm to 7.30pm
	Intermediate	7.40pm to 8.40pm
T1	Lesson 1	6-Jan-26
	Lesson 2	13-Jan-26
	Lesson 3	20-Jan-26
	Lesson 4	27-Jan-26
	Lesson 5	3-Feb-26
	Lesson 6	No Class
	Lesson 7	No Class
	Lesson 8	24-Feb-26
	Lesson 9	3-Mar-26
	Lesson 10	10-Mar-26
	Lesson 11	17-Mar-26
	Lesson 12	24-Mar-26
	Replacement (1)	31-Mar-26
	Replacement (2)	7-Apr-26

T2	Lesson 1	14-Apr-26
	Lesson 2	21-Apr-26
	Lesson 3	28-Apr-26
	Lesson 4	5-May-26
	Lesson 5	12-May-26
	Lesson 6	19-May-26
	Lesson 7	26-May-26
	Lesson 8	2-Jun-26
	Lesson 9	9-Jun-26
	Lesson 10	16-Jun-26
	Lesson 11	23-Jun-26
	Lesson 12	30-Jun-26

Class Schedule for Karate (2026) at SAFRA Choa Chu Kang

		Social Hive
		Karate
		Saturday
		9am to 11am
T1	Lesson 1	10-Jan-26
	Lesson 2	17-Jan-26
	Lesson 3	24-Jan-26
	Lesson 4	31-Jan-26
	Lesson 5	7-Feb-26
	Lesson 6	14-Feb-26
	Lesson 7	21-Feb-26
	Lesson 8	28-Feb-26
	Lesson 9	7-Mar-26
	Lesson 10	14-Mar-26
	Lesson 11	No Class
	Lesson 12	28-Mar-26
	Replacement	4-Apr-26

T2	Lesson 1	11-Apr-26
	Lesson 2	18-Apr-26
	Lesson 3	25-Apr-26
	Lesson 4	2-May-26
	Lesson 5	9-May-26
	Lesson 6	16-May-26
	Lesson 7	23-May-26
	Lesson 8	30-May-26
	Lesson 9	6-Jun-26
	Lesson 10	13-Jun-26
	Lesson 11	20-Jun-26
	Lesson 12	27-Jun-26
	Replacement	No Class

Class Schedule for Goal Kick (2026) at SAFRA Choa Chu Kang

		Futsal Court		
		Futsal	Futsal	Futsal
		Wednesday	Saturday	Sunday
		5yrs to 8 yrs 5pm to 6pm	5yrs to 8yrs 1pm to 2pm	Adv Training Goal Keeper Training* 1pm to 2pm
		9yrs to 15 yrs 6pm to 7pm	9 yrs to 15 yrs Adv Traning 2pm to 3pm	5 yrs to 15 yrs 2pm to 3pm
T1	Lesson 1	7-Jan-26	10-Jan-26	11-Jan-26
	Lesson 2	14-Jan-26	17-Jan-26	18-Jan-26
	Lesson 3	21-Jan-26	24-Jan-26	25-Jan-26
	Lesson 4	28-Jan-26	31-Jan-26	1-Feb-26
	Lesson 5	4-Feb-26	7-Feb-26	8-Feb-26
	Lesson 6	11-Feb-26	14-Feb-26	15-Feb-26
	Lesson 7	No Class	21-Feb-26	22-Feb-26
	Lesson 8	25-Feb-26	28-Feb-26	1-Mar-26
	Lesson 9	4-Mar-26	7-Mar-26	8-Mar-26
	Lesson 10	11-Mar-26	14-Mar-26	15-Mar-26
	Lesson 11	18-Mar-26	No Class	22-Mar-26
	Lesson 12	25-Mar-26	No Class	No Class
	Replacement	1-Apr-26	4-Apr-26	5-Apr-26

T2	Lesson 1	8-Apr-26	11-Apr-26	12-Apr-26
	Lesson 2	15-Apr-26	18-Apr-26	19-Apr-26
	Lesson 3	22-Apr-26	25-Apr-26	26-Apr-26
	Lesson 4	29-Apr-26	2-May-26	3-May-26
	Lesson 5	6-May-26	9-May-26	10-May-26
	Lesson 6	13-May-26	16-May-26	17-May-26
	Lesson 7	20-May-26	23-May-26	24-May-26
	Lesson 8	No Class	30-May-26	No Class
	Lesson 9	3-Jun-26	6-Jun-26	7-Jun-26
	Lesson 10	10-Jun-26	13-Jun-26	14-Jun-26
	Lesson 11	17-Jun-26	20-Jun-26	21-Jun-26
	Lesson 12	24-Jun-26	27-Jun-26	28-Jun-26
	Replacement	1-Jul-26	No Class	5-Jul-26

*New course

Class Schedule for Inline Skating (2026) at SAFRA Choa Chu Kang

		Hardcourt
		In-Line Skating
		Saturday
	Beginner	10am to 11am
	Intermediate	11am to 12nn
T1	Lesson 1	10-Jan-26
	Lesson 2	17-Jan-26
	Lesson 3	24-Jan-26
	Lesson 4	31-Jan-26
	Lesson 5	7-Feb-26
	Lesson 6	14-Feb-26
	Lesson 7	21-Feb-26
	Lesson 8	28-Feb-26
	Lesson 9	7-Mar-26
	Lesson 10	14-Mar-26
	Lesson 11	No Class
	Lesson 12	28-Mar-26
	Replacement	4-Apr-26

T2	Lesson 1	11-Apr-26
	Lesson 2	18-Apr-26
	Lesson 3	25-Apr-26
	Lesson 4	2-May-26
	Lesson 5	9-May-26
	Lesson 6	16-May-26
	Lesson 7	23-May-26
	Lesson 8	30-May-26
	Lesson 9	6-Jun-26
	Lesson 10	13-Jun-26
	Lesson 11	20-Jun-26
	Lesson 12	27-Jun-26
	Replacement	No Class

Class Schedule for Zumba (2026) at SAFRA Choa Chu Kang

		Zumba
		Thursday
		7pm to 8pm
T1	Lesson 1	Cancelled
	Lesson 2	
	Lesson 3	
	Lesson 4	
	Lesson 5	
	Lesson 6	
	Lesson 7	
	Lesson 8	
	Lesson 9	5-Mar-26
	Lesson 10	12-Mar-26
	Lesson 11	19-Mar-26
	Lesson 12	26-Mar-26
	Replacement	2-Apr-26

T2	Lesson 1	9-Apr-26
	Lesson 2	16-Apr-26
	Lesson 3	23-Apr-26
	Lesson 4	30-Apr-26
	Lesson 5	7-May-26
	Lesson 6	14-May-26
	Lesson 7	21-May-26
	Lesson 8	28-May-26
	Lesson 9	4-Jun-26
	Lesson 10	11-Jun-26
	Lesson 11	18-Jun-26
	Lesson 12	25-Jun-26
	Replacement	No Class

Class Schedule for Yoga (2026) at SAFRA Choa Chu Kang

		Yoga
		Thursday
		8pm to 9pm
T1	Lesson 1	Cancelled
	Lesson 2	
	Lesson 3	
	Lesson 4	
	Lesson 5	
	Lesson 6	
	Lesson 7	
	Lesson 8	
	Lesson 9	5-Mar-26
	Lesson 10	12-Mar-26
	Lesson 11	19-Mar-26
	Lesson 12	26-Mar-26
	Replacement	2-Apr-26

T2	Lesson 1	9-Apr-26
	Lesson 2	16-Apr-26
	Lesson 3	23-Apr-26
	Lesson 4	30-Apr-26
	Lesson 5	7-May-26
	Lesson 6	14-May-26
	Lesson 7	21-May-26
	Lesson 8	28-May-26
	Lesson 9	No Class
	Lesson 10	No Class
	Lesson 11	18-Jun-26
	Lesson 12	25-Jun-26
	Replacement	No Class

Class Schedule for Piloxing (2026) at SAFRA Choa Chu Kang

		Piloxing
		Wednesday
		7.30pm to 8.30pm
T1	Lesson 1	7-Jan-26
	Lesson 2	14-Jan-26
	Lesson 3	No Class
	Lesson 4	28-Jan-26
	Lesson 5	4-Feb-26
	Lesson 6	11-Feb-26
	Lesson 7	No Class
	Lesson 8	No Class

T2	Lesson 1	No Class
	Lesson 2	11-Mar-26
	Lesson 3	18-Mar-26
	Lesson 4	25-Mar-26
	Lesson 5	1-Apr-26
	Lesson 6	8-Apr-26
	Lesson 7	15-Apr-26
	Lesson 8	22-Apr-26

T3	Lesson 1	29-Apr-26
	Lesson 2	6-May-26
	Lesson 3	13-May-26
	Lesson 4	20-May-26
	Lesson 5	No Class
	Lesson 6	3-Jun-26
	Lesson 7	10-Jun-26
	Lesson 8	17-Jun-26