

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 | 27-Mar-26 | No Class | No Class |
| | Replacement | 1-Apr-26 | No Class | No Class | No Class | 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 Training 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 |