

# **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
<b>T1</b>	<b>Lesson 1</b>	7-Jan-26	8-Jan-26	9-Jan-26	9-Jan-26	10-Jan-26	11-Jan-26
	<b>Lesson 2</b>	14-Jan-26	15-Jan-26	16-Jan-26	16-Jan-26	17-Jan-26	18-Jan-26
	<b>Lesson 3</b>	21-Jan-26	22-Jan-26	23-Jan-26	23-Jan-26	24-Jan-26	25-Jan-26
	<b>Lesson 4</b>	28-Jan-26	29-Jan-26	No Class	No Class	No Class	No Class
	<b>Lesson 5</b>	4-Feb-26	5-Feb-26	No Class	No Class	No Class	No Class
	<b>Lesson 6</b>	11-Feb-26	12-Feb-26	13-Feb-26	13-Feb-26	14-Feb-26	15-Feb-26
	<b>Lesson 7</b>	No Class	19-Feb-26	20-Feb-26	20-Feb-26	21-Feb-26	22-Feb-26
	<b>Lesson 8</b>	25-Feb-26	26-Feb-26	27-Feb-26	27-Feb-26	28-Feb-26	1-Mar-26
	<b>Lesson 9</b>	4-Mar-26	5-Mar-26	6-Mar-26	6-Mar-26	7-Mar-26	8-Mar-26
	<b>Lesson 10</b>	11-Mar-26	12-Mar-26	13-Mar-26	13-Mar-26	14-Mar-26	15-Mar-26
	<b>Lesson 11</b>	18-Mar-26	19-Mar-26	20-Mar-26	20-Mar-26	No Class	22-Mar-26
	<b>Lesson 12</b>	25-Mar-26	26-Mar-26	27-Mar-26	27-Mar-26	No Class	No Class
	<b>Replacement</b>	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
<b>T2</b>	<b>Lesson 1</b>	8-Apr-26	9-Apr-26	10-Apr-26	10-Apr-26	11-Apr-26	12-Apr-26
	<b>Lesson 2</b>	15-Apr-26	16-Apr-26	17-Apr-26	No Class	18-Apr-26	19-Apr-26
	<b>Lesson 3</b>	22-Apr-26	23-Apr-26	24-Apr-26	24-Apr-26	25-Apr-26	26-Apr-26
	<b>Lesson 4</b>	29-Apr-26	30-Apr-26	No Class	1-May-26	2-May-26	3-May-26
	<b>Lesson 5</b>	6-May-26	7-May-26	8-May-26	8-May-26	9-May-26	10-May-26
	<b>Lesson 6</b>	13-May-26	14-May-26	15-May-26	15-May-26	16-May-26	17-May-26
	<b>Lesson 7</b>	20-May-26	21-May-26	22-May-26	22-May-26	23-May-26	24-May-26
	<b>Lesson 8</b>	No Class	28-May-26	29-May-26	29-May-26	30-May-26	No Class
	<b>Lesson 9</b>	3-Jun-26	4-Jun-26	5-Jun-26	5-Jun-26	6-Jun-26	7-Jun-26
	<b>Lesson 10</b>	10-Jun-26	11-Jun-26	12-Jun-26	12-Jun-26	13-Jun-26	14-Jun-26
	<b>Lesson 11</b>	17-Jun-26	18-Jun-26	19-Jun-26	19-Jun-26	20-Jun-26	21-Jun-26
	<b>Lesson 12</b>	24-Jun-26	25-Jun-26	26-Jun-26	26-Jun-26	27-Jun-26	28-Jun-26
	<b>Replacement</b>	1-Jul-26	No Class	3-Jul-26	3-Jul-26	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
<b>T1</b>	<b>Lesson 1</b>	6-Jan-26
	<b>Lesson 2</b>	13-Jan-26
	<b>Lesson 3</b>	20-Jan-26
	<b>Lesson 4</b>	27-Jan-26
	<b>Lesson 5</b>	3-Feb-26
	<b>Lesson 6</b>	No Class
	<b>Lesson 7</b>	No Class
	<b>Lesson 8</b>	24-Feb-26
	<b>Lesson 9</b>	3-Mar-26
	<b>Lesson 10</b>	10-Mar-26
	<b>Lesson 11</b>	17-Mar-26
	<b>Lesson 12</b>	24-Mar-26
	<b>Replacement (1)</b>	31-Mar-26
	<b>Replacement (2)</b>	7-Apr-26

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

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

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

<b>T2</b>	<b>Lesson 1</b>	11-Apr-26
	<b>Lesson 2</b>	18-Apr-26
	<b>Lesson 3</b>	25-Apr-26
	<b>Lesson 4</b>	2-May-26
	<b>Lesson 5</b>	9-May-26
	<b>Lesson 6</b>	16-May-26
	<b>Lesson 7</b>	23-May-26
	<b>Lesson 8</b>	30-May-26
	<b>Lesson 9</b>	6-Jun-26
	<b>Lesson 10</b>	13-Jun-26
	<b>Lesson 11</b>	20-Jun-26
	<b>Lesson 12</b>	27-Jun-26
	<b>Replacement</b>	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
<b>T1</b>	<b>Lesson 1</b>	7-Jan-26	10-Jan-26	11-Jan-26
	<b>Lesson 2</b>	14-Jan-26	17-Jan-26	18-Jan-26
	<b>Lesson 3</b>	21-Jan-26	24-Jan-26	25-Jan-26
	<b>Lesson 4</b>	28-Jan-26	31-Jan-26	1-Feb-26
	<b>Lesson 5</b>	4-Feb-26	7-Feb-26	8-Feb-26
	<b>Lesson 6</b>	11-Feb-26	14-Feb-26	15-Feb-26
	<b>Lesson 7</b>	No Class	21-Feb-26	22-Feb-26
	<b>Lesson 8</b>	25-Feb-26	28-Feb-26	1-Mar-26
	<b>Lesson 9</b>	4-Mar-26	7-Mar-26	8-Mar-26
	<b>Lesson 10</b>	11-Mar-26	14-Mar-26	15-Mar-26
	<b>Lesson 11</b>	18-Mar-26	No Class	22-Mar-26
	<b>Lesson 12</b>	25-Mar-26	No Class	No Class
	<b>Replacement</b>	1-Apr-26	4-Apr-26	5-Apr-26

<b>T2</b>	<b>Lesson 1</b>	8-Apr-26	11-Apr-26	12-Apr-26
	<b>Lesson 2</b>	15-Apr-26	18-Apr-26	19-Apr-26
	<b>Lesson 3</b>	22-Apr-26	25-Apr-26	26-Apr-26
	<b>Lesson 4</b>	29-Apr-26	2-May-26	3-May-26
	<b>Lesson 5</b>	6-May-26	9-May-26	10-May-26
	<b>Lesson 6</b>	13-May-26	16-May-26	17-May-26
	<b>Lesson 7</b>	20-May-26	23-May-26	24-May-26
	<b>Lesson 8</b>	No Class	30-May-26	No Class
	<b>Lesson 9</b>	3-Jun-26	6-Jun-26	7-Jun-26
	<b>Lesson 10</b>	10-Jun-26	13-Jun-26	14-Jun-26
	<b>Lesson 11</b>	17-Jun-26	20-Jun-26	21-Jun-26
	<b>Lesson 12</b>	24-Jun-26	27-Jun-26	28-Jun-26
	<b>Replacement</b>	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
	<b>Beginner</b>	10am to 11am
	<b>Intermediate</b>	11am to 12nn
<b>T1</b>	<b>Lesson 1</b>	10-Jan-26
	<b>Lesson 2</b>	17-Jan-26
	<b>Lesson 3</b>	24-Jan-26
	<b>Lesson 4</b>	31-Jan-26
	<b>Lesson 5</b>	7-Feb-26
	<b>Lesson 6</b>	14-Feb-26
	<b>Lesson 7</b>	21-Feb-26
	<b>Lesson 8</b>	28-Feb-26
	<b>Lesson 9</b>	7-Mar-26
	<b>Lesson 10</b>	14-Mar-26
	<b>Lesson 11</b>	No Class
	<b>Lesson 12</b>	28-Mar-26
	<b>Replacement</b>	4-Apr-26

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

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

		Zumba
		Thursday
		7pm to 8pm
<b>T1</b>	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

<b>T2</b>	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
<b>T1</b>	Lesson 1	Cancelled
	Lesson 2	
	Lesson 3	
	Lesson 4	
	Lesson 5	
	Lesson 6	
	Lesson 7	
	Lesson 8	
	Lesson 9	
	Lesson 10	12-Mar-26
	Lesson 11	19-Mar-26
	Lesson 12	26-Mar-26
	Replacement	2-Apr-26

<b>T2</b>	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
<b>T1</b>	<b>Lesson 1</b>	7-Jan-26
	<b>Lesson 2</b>	14-Jan-26
	<b>Lesson 3</b>	No Class
	<b>Lesson 4</b>	28-Jan-26
	<b>Lesson 5</b>	4-Feb-26
	<b>Lesson 6</b>	11-Feb-26
	<b>Lesson 7</b>	No Class
	<b>Lesson 8</b>	No Class

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

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