

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					
		Floatfit	Aqua Spin	Aqua Silver	Aqua Zumba	Aqua Aerobic	Aqua Yoga
		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

T3	Lesson 1	8-Jul-26	9-Jul-26	10-Jul-26	10-Jul-26	11-Jul-26	12-Jul-26
	Lesson 2	15-Jul-26	16-Jul-26	17-Jul-26	17-Jul-26	18-Jul-26	19-Jul-26
	Lesson 3	22-Jul-26	23-Jul-26	24-Jul-26	24-Jul-26	25-Jul-26	26-Jul-26
	Lesson 4	29-Jul-26	30-Jul-26	31-Jul-26	31-Jul-26	1-Aug-26	2-Aug-26
	Lesson 5	5-Aug-26	6-Aug-26	7-Aug-26	7-Aug-26	8-Aug-26	No Class
	Lesson 6	12-Aug-26	13-Aug-26	14-Aug-26	14-Aug-26	15-Aug-26	16-Aug-26
	Lesson 7	19-Aug-26	20-Aug-26	21-Aug-26	21-Aug-26	22-Aug-26	23-Aug-26
	Lesson 8	26-Aug-26	27-Aug-26	28-Aug-26	28-Aug-26	29-Aug-26	30-Aug-26
	Lesson 9	2-Sep-26	3-Sep-26	4-Sep-26	4-Sep-26	5-Sep-26	6-Sep-26
	Lesson 10	9-Sep-26	10-Sep-26	11-Sep-26	11-Sep-26	12-Sep-26	13-Sep-26
	Lesson 11	16-Sep-26	17-Sep-26	18-Sep-26	18-Sep-26	19-Sep-26	20-Sep-26
	Lesson 12	23-Sep-26	24-Sep-26	25-Sep-26	25-Sep-26	26-Sep-26	27-Sep-26
	Replacement						4-Oct-26

T4	Lesson 1	7-Oct-26	8-Oct-26	9-Oct-26	9-Oct-26	10-Oct-26	11-Oct-26
	Lesson 2	14-Oct-26	15-Oct-26	16-Oct-26	16-Oct-26	17-Oct-26	18-Oct-26
	Lesson 3	21-Oct-26	22-Oct-26	23-Oct-26	23-Oct-26	24-Oct-26	25-Oct-26
	Lesson 4	28-Oct-26	29-Oct-26	30-Oct-26	30-Oct-26	31-Oct-26	1-Nov-26
	Lesson 5	4-Nov-26	5-Nov-26	6-Nov-26	6-Nov-26	7-Nov-26	No Class
	Lesson 6	11-Nov-26	12-Nov-26	13-Nov-26	13-Nov-26	14-Nov-26	15-Nov-26
	Lesson 7	18-Nov-26	19-Nov-26	20-Nov-26	20-Nov-26	21-Nov-26	22-Nov-26
	Lesson 8	25-Nov-26	26-Nov-26	27-Nov-26	27-Nov-26	28-Nov-26	29-Nov-26
	Lesson 9	2-Dec-26	3-Dec-26	4-Dec-26	4-Dec-26	5-Dec-26	6-Dec-26
	Lesson 10	9-Dec-26	10-Dec-26	11-Dec-26	11-Dec-26	12-Dec-26	13-Dec-26
	Lesson 11	16-Dec-26	17-Dec-26	18-Dec-26	18-Dec-26	19-Dec-26	20-Dec-26
	Lesson 12	23-Dec-26	No Class	No Class	No Class	No Class	No Class
	Replacement						

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

		Social Hive
		Pilates
		Tuesday
	Beginner	6.30pm to 7.30pm
	Multi-level	7.40pm to 8.40pm

<Schedule currently unavailable>

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

		Social Hive
		Karate
		Saturday
		10am to 12nn

T3	Lesson 1	11-Jul-26
	Lesson 2	18-Jul-26
	Lesson 3	25-Jul-26
	Lesson 4	1-Aug-26
	Lesson 5	8-Aug-26
	Lesson 6	15-Aug-26
	Lesson 7	22-Aug-26
	Lesson 8	29-Aug-26
	Lesson 9	5-Sep-26
	Lesson 10	12-Sep-26
	Lesson 11	19-Sep-26
	Lesson 12	26-Sep-26
	Replacement	

T4	Lesson 1	10-Oct-26
	Lesson 2	17-Oct-26
	Lesson 3	24-Oct-26
	Lesson 4	31-Oct-26
	Lesson 5	7-Nov-26
	Lesson 6	14-Nov-26
	Lesson 7	21-Nov-26
	Lesson 8	28-Nov-26
	Lesson 9	5-Dec-26
	Lesson 10	12-Dec-26
	Lesson 11	19-Dec-26
	Lesson 12	26-Dec-26
	Replacement	

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

T3	Lesson 1	8-Jul-26	11-Jul-26	12-Jul-26
	Lesson 2	15-Jul-26	18-Jul-26	19-Jul-26
	Lesson 3	22-Jul-26	25-Jul-26	26-Jul-26
	Lesson 4	29-Jul-26	1-Aug-26	2-Aug-26
	Lesson 5	5-Aug-26	8-Aug-26	No Class
	Lesson 6	12-Aug-26	15-Aug-26	16-Aug-26
	Lesson 7	19-Aug-26	22-Aug-26	23-Aug-26
	Lesson 8	26-Aug-26	29-Aug-26	30-Aug-26
	Lesson 9	2-Sep-26	5-Sep-26	6-Sep-26
	Lesson 10	9-Sep-26	Postponed	13-Sep-26
	Lesson 11	16-Sep-26	19-Sep-26	20-Sep-26
	Lesson 12	23-Sep-26	Postponed	27-Sep-26
	Replacement		3-Oct-26	4-Oct-26

T4	Lesson 1	7-Oct-26	NIL	11-Oct-26
	Lesson 2	14-Oct-26	17-Oct-26	18-Oct-26
	Lesson 3	21-Oct-26	24-Oct-26	25-Oct-26
	Lesson 4	28-Oct-26	31-Oct-26	1-Nov-26
	Lesson 5	4-Nov-26	7-Nov-26	No Class
	Lesson 6	11-Nov-26	14-Nov-26	15-Nov-26
	Lesson 7	18-Nov-26	21-Nov-26	22-Nov-26
	Lesson 8	25-Nov-26	28-Nov-26	29-Nov-26
	Lesson 9	2-Dec-26	5-Dec-26	6-Dec-26
	Lesson 10	9-Dec-26	12-Dec-26	13-Dec-26
	Lesson 11	16-Dec-26	19-Dec-26	20-Dec-26
	Lesson 12	23-Dec-26	26-Dec-26	27-Dec-26
	Replacement			

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

		Sky Running Track, Level 4	
		In-Line Skating	
		Saturday	Sunday
	Beginner	10am to 11am 11am to 12nn 1pm to 2pm	10am to 11am 11am to 12nn 1pm to 2pm

T3	Lesson 1	11-Jul-26	12-Jul-26
	Lesson 2	18-Jul-26	19-Jul-26
	Lesson 3	25-Jul-26	26-Jul-26
	Lesson 4	1-Aug-26	2-Aug-26
	Lesson 5	8-Aug-26	No Class
	Lesson 6	15-Aug-26	16-Aug-26
	Lesson 7	22-Aug-26	23-Aug-26
	Lesson 8	29-Aug-26	30-Aug-26
	Lesson 9	5-Sep-26	6-Sep-26
	Lesson 10	12-Sep-26	13-Sep-26
	Lesson 11	19-Sep-26	20-Sep-26
	Lesson 12	26-Sep-26	27-Sep-26
	Replacement		4-Oct-26

T4	Lesson 1	10-Oct-26	11-Oct-26
	Lesson 2	17-Oct-26	18-Oct-26
	Lesson 3	24-Oct-26	25-Oct-26
	Lesson 4	31-Oct-26	1-Nov-26
	Lesson 5	7-Nov-26	No Class
	Lesson 6	14-Nov-26	15-Nov-26
	Lesson 7	21-Nov-26	22-Nov-26
	Lesson 8	28-Nov-26	29-Nov-26
	Lesson 9	5-Dec-26	6-Dec-26
	Lesson 10	12-Dec-26	13-Dec-26
	Lesson 11	19-Dec-26	20-Dec-26
	Lesson 12	26-Dec-26	27-Dec-26
	Replacement		

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

		Orchid & Dahlia Room
		Zumba
		Thursday
		7pm to 8pm

T3	Lesson 1	9-Jul-26
	Lesson 2	16-Jul-26
	Lesson 3	23-Jul-26
	Lesson 4	Postponed
	Lesson 5	6-Aug-26
	Lesson 6	13-Aug-26
	Lesson 7	20-Aug-26
	Lesson 8	27-Aug-26
	Lesson 9	3-Sep-26
	Lesson 10	10-Sep-26
	Lesson 11	17-Sep-26
	Lesson 12	24-Sep-26
	Replacement	1 Oct-26

T4	Lesson 1	No Class
	Lesson 2	15-Oct-26
	Lesson 3	22-Oct-26
	Lesson 4	29-Oct-26
	Lesson 5	5-Nov-26
	Lesson 6	12-Nov-26
	Lesson 7	19-Nov-26
	Lesson 8	No Class
	Lesson 9	3-Dec-26
	Lesson 10	10-Dec-26
	Lesson 11	17-Dec-26
	Lesson 12	No Class
	Replacement	

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

		Orchid & Dahlia Room
		Yoga
		Thursday
		8pm to 9pm

T3	Lesson 1	9-Jul-26
	Lesson 2	16-Jul-26
	Lesson 3	23-Jul-26
	Lesson 4	30-Jul-26
	Lesson 5	6-Aug-26
	Lesson 6	13-Aug-26
	Lesson 7	20-Aug-26
	Lesson 8	27-Aug-26
	Lesson 9	3-Sep-26
	Lesson 10	10-Sep-26
	Lesson 11	17-Sep-26
	Lesson 12	24-Sep-26
	Replacement	

T4	Lesson 1	No Class
	Lesson 2	15-Oct-26
	Lesson 3	22-Oct-26
	Lesson 4	29-Oct-26
	Lesson 5	5-Nov-26
	Lesson 6	12-Nov-26
	Lesson 7	19-Nov-26
	Lesson 8	No Class
	Lesson 9	3-Dec-26
	Lesson 10	10-Dec-26
	Lesson 11	17-Dec-26
	Lesson 12	No Class
	Replacement	

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

		Orchid & Dahlia Room
		Piloxing
		Wednesday
		7.30pm to 8.30pm

T4	Lesson 1	15-Jul-26
	Lesson 2	22-Jul-26
	Lesson 3	29-Jul-26
	Lesson 4	5-Aug-26
	Lesson 5	12-Aug-26
	Lesson 6	19-Aug-26
	Lesson 7	26-Aug-26
	Lesson 8	2-Sep-26

T5	Lesson 1	9-Sep-26
	Lesson 2	16-Sep-26
	Lesson 3	23-Sep-26
	Lesson 4	30-Sep-26
	Lesson 5	7-Oct-26
	Lesson 6	14-Oct-26
	Lesson 7	21-Oct-26
	Lesson 8	28-Oct-26

T6	Lesson 1	4-Nov-26
	Lesson 2	11-Nov-26
	Lesson 3	18-Nov-26
	Lesson 4	25-Nov-26
	Lesson 5	2-Dec-26
	Lesson 6	9-Dec-26
	Lesson 7	16-Dec-26
	Lesson 8	23-Dec-26