

# **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 |

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

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

**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**

|  |  |                     |
|--|--|---------------------|
|  |  | <b>Social Hive</b>  |
|  |  | <b>Karate</b>       |
|  |  | <b>Saturday</b>     |
|  |  | <b>10am to 12nn</b> |

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

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

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

|  |  | Futsal Court                 |                                              |                                                     |
|--|--|------------------------------|----------------------------------------------|-----------------------------------------------------|
|  |  | Futsal                       | Futsal                                       | Futsal                                              |
|  |  | Wednesday                    | Saturday                                     | Sunday                                              |
|  |  | 5yrs to 8 yrs<br>5pm to 6pm  | 5yrs to 8yrs<br>1pm to 2pm                   | Adv Training<br>Goal Keeper Training*<br>1pm to 2pm |
|  |  | 9yrs to 15 yrs<br>6pm to 7pm | 9 yrs to 15 yrs Adv<br>Traning<br>2pm to 3pm | 5 yrs to 15 yrs<br>2pm to 3pm                       |

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

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



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

|  |                 |                                            |                                            |
|--|-----------------|--------------------------------------------|--------------------------------------------|
|  |                 | Sky Running Track, Level 4                 |                                            |
|  |                 | In-Line Skating                            |                                            |
|  |                 | <b>Saturday</b>                            | <b>Sunday</b>                              |
|  | <b>Beginner</b> | 10am to 11am<br>11am to 12nn<br>1pm to 2pm | 10am to 11am<br>11am to 12nn<br>1pm to 2pm |

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

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

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

|  |  |                                 |
|--|--|---------------------------------|
|  |  | <b>Orchid &amp; Dahlia Room</b> |
|  |  | <b>Zumba</b>                    |
|  |  | <b>Thursday</b>                 |
|  |  | <b>7pm to 8pm</b>               |

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

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

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

|  |  |                                 |
|--|--|---------------------------------|
|  |  | <b>Orchid &amp; Dahlia Room</b> |
|  |  | <b>Yoga</b>                     |
|  |  | <b>Thursday</b>                 |
|  |  | <b>8pm to 9pm</b>               |

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

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

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

|  |  |                                 |
|--|--|---------------------------------|
|  |  | <b>Orchid &amp; Dahlia Room</b> |
|  |  | <b>Piloxing</b>                 |
|  |  | <b>Wednesday</b>                |
|  |  | <b>7.30pm to 8.30pm</b>         |

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

|           |                 |           |
|-----------|-----------------|-----------|
| <b>T5</b> |                 | Cancelled |
|           |                 | Cancelled |
|           |                 | Cancelled |
|           |                 | Cancelled |
|           |                 | Cancelled |
|           |                 | Cancelled |
|           |                 | Cancelled |
|           | <b>Lesson 1</b> | 28-Oct-26 |
|           | <b>Lesson 2</b> | 4-Nov-26  |
|           | <b>Lesson 3</b> | 11-Nov-26 |
|           | <b>Lesson 4</b> | 18-Nov-26 |