NOV2026@ALJUNIED

Brahm Centre @ Aljunied Blk 108 Aljunied Crescent #01-36, Singapore 380108 Tel: +65 68760262

Building Resilient And Happy Minds

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
1 10:00AM-12:00PM OMEGA@AJ: Basic Conversational Chinese - Hannie 12:30PM-1:30PM OMEGA@AJ:Dance Dance Revolution - William 1:30PM-3:30PM OMEGA@AJ: Vital Sign Assesment and Monitoring - Mya 3:30PM-4:30PM OMEGA@AJ:Performance Group - Singing (Myanmar)	2 9:30AM-10:30AM HAPPY Program Exercise - 快乐运动 10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 12:00PM-1:00PM Plant based lunch at Kampung Senang - 轻安村植物午餐 2:00PM-4:00PM Food Demo - Carrot Cake - 美食示范：胡萝卜蛋糕	3 10:00AM-12:00PM The Meeting Room Program Aljunied 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:00PM Craft @ AJ - AJ20261103C@AJ 2:00PM-4:30PM 正念认知疗法(又名生活的正念) by Ya Wen	4 9:00AM-10:00AM Body Conditioning - 保健体能运动 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴 4:30PM-5:30PM SE CDC Wellness Initiative 1 - AJ20261104WOW7	5 10:00AM-1:00PM Healthier Me - 健康自我	6 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 - 正念健身活动 (户外走廊) 4:30PM-5:45PM Project Gembira 快乐时辰	7 9:00AM-4:00PM 正念认知疗法(又名生活的正念) by Ya Wen 9:30AM-11:30AM Golden Hours - 与青春共度黄金时光
8 10:00AM-12:00PM OMEGA@AJ: Basic Conversational English - Phyu 1:00PM-3:30PM OMEGA@AJ: English Song & Dialog - Phyu 3:30PM-4:30PM OMEGA@AJ:Performance Group - Singing (Myanmar)	9 **Closed for Deepavali**	10 10:00AM-12:00PM The Meeting Room Program Aljunied 2:00PM-4:30PM 正念认知疗法(又名生活的正念) by Ya Wen	11 9:00AM-10:00AM Body Conditioning - 保健体能运动 10:00AM-12:00PM Understanding & Managing Emotions Workshop by Angie 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴 4:00PM-6:00PM Project SharkFin: ScamShield Programme for youth AJ20261111PSF	12 3:00PM-6:00PM Brahm Movie Screening	13 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞 1:00PM-3:00PM Deepavali Celebration - AJ202601113AJDC 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 - 正念健身活动 (户外走廊)	14 9:30AM-11:30AM Golden Hours - 与青春共度黄金时光
15 10:00AM-12:00PM OMEGA@AJ: Basic Conversational English - Sase 1:00PM-3:30PM OMEGA@AJ: Mindfulness - Hannie 3:30PM-4:30PM OMEGA@AJ: Performance Group - Singing (Myanmar)	16 9:30AM-10:30AM HAPPY Program Exercise - 快乐运动 10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 12:00PM-1:00PM Plant based lunch at Kampung Senang - 轻安村植物午餐	17 10:00AM-12:00PM The Meeting Room Program Aljunied 2:00PM-4:00PM Craft @ AJ - AJ20261103C@AJ 2:00PM-4:30PM 正念认知疗法(又名生活的正念) by Ya Wen	18 9:00AM-10:00AM Body Conditioning - 保健体能运动 10:00AM-12:00PM Cultivating Joy, Peace and Resilience Workshop (Chinese) 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴 3:30PM-5:30PM SE CDC Mindfulness Initiative 2 - AJ20261118 MM7	19 1:30PM-4:30PM PAEM 2.0 Workshop (English) - AJ20261119PAEMWS	20 9:30AM-1:00PM Youth Entrepreneurship Programme AJ20260915YEP 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞 1:30PM-4:30PM PAEM 2.0 Workshop (Chinese) - AJ20261120PAEMWS 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 - 正念健身活动 (户外走廊) 4:30PM-5:45PM Project Gembira 快乐时辰	21 9:30AM-11:30AM Golden Hours - 与青春共度黄金时光 9:30AM-4:00PM Youth Entrepreneurship Programme AJ20260915YEP
22	23 9:30AM-10:30AM HAPPY Program Exercise - 快乐运动 10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 12:00PM-1:00PM Plant based lunch at Kampung Senang - 轻安村植物午餐 2:00PM-4:00PM Craft Jamming - Flower Pot Painting - 手工工作坊 - 花盆彩绘	24 10:00AM-12:00PM The Meeting Room Program Aljunied	25 9:00AM-10:00AM Body Conditioning - 保健体能运动 10:00AM-8:30PM Escape room (Youth/ Senior)AJ20261125ECR	26 10:00AM-8:30PM Escape room (Youth/ Senior)AJ20261125ECR	27 10:00AM-8:30PM Escape room (Youth/ Senior)AJ20261125ECR 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 - 正念健身活动 (户外走廊)	28 10:00AM-6:30PM Escape room (Youth/ Senior)AJ20261125ECR
29 10:00AM-12:00PM OMEGA@AJ: Learning Mobile Apps - Cho 12:30PM-1:30PM undefined 2:00PM-3:30PM OMEGA@AJ: Mindful Yoga - Hui Min 3:30PM-4:30PM OMEGA@AJ:Performance Group - Singing (Myanmar)	30 9:30AM-10:30AM HAPPY Program Exercise - 快乐运动 10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 12:00PM-1:00PM Plant based lunch at Kampung Senang - 轻安村植物午餐					

* Omega is for Indonesian, Indian and Burmese domestic workers.

This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com

NOV2026@LABRADOR

Brahm Centre @ Labrador 2 Telok Blangah Street 31 #02-00, Yeo's Building, Singapore 108942 Tel: +65 68760266

Building Resilient And Happy Minds

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
1 10:00AM-12:00PM OMEGA@LB: Basic Conversational English - PLN 1:00PM-3:30PM OMEGA@LB: English Song & Dance - PLN 3:30PM-4:30PM OMEGA@LB:Performance Group - Singing (English)	2 10:00AM-1:00PM Art Jam x Pen Ink Doodling by Sher Ley	3 9:30AM-10:30AM Brain and Body Exercises by Ai Ling 2:30PM-5:00PM Pen Ink Drawing x Couture by Janice	4 10:00AM-12:40PM Watercolour Painting Course by Sher Ley 4:00PM-6:00PM Pharmacists Training - Placeholder Oct 2026 7:00PM-9:00PM Stress Reduction and Cognitive Resilience Course by Angie	5 10:00AM-12:40PM Coloured Pencil Drawing Course by Kuan 2:00PM-3:30PM Understanding & Managing Emotions Workshop by Angie	6 10:00AM-12:30PM Pen Ink Drawing Course by Andrew Tan 2:30PM-5:00PM Graphite Painting Course by Geri	7
8 10:00AM-12:00PM OMEGA@LB: Learning Mobile Apps - Cho 1:00PM-3:30PM OMEGA@LB: Basic Conversational Chinese - Poe Poe 3:30PM-4:30PM OMEGA@LB:Performance Group - Singing (English)	9 **Closed for Deepavali**	10 9:30AM-10:30AM Brain and Body Exercises by Ai Ling 2:30PM-5:00PM Pen Ink Drawing x Couture by Janice	11 10:00AM-12:40PM Watercolour Painting Course by Sher Ley 4:00PM-6:00PM Pharmacists Training - Placeholder Oct 2026 7:00PM-9:00PM Stress Reduction and Cognitive Resilience Course by Angie	12 10:00AM-12:40PM Coloured Pencil Drawing Course by Kuan	13 10:00AM-12:40PM Chinese Brush Painting by Manlin 2:30PM-5:00PM Graphite Painting Course by Geri	14
15 10:00AM-12:00PM OMEGA@LB: Vital Sign Assesment and Monitoring - Mya 12:30PM-1:30PM OMEGA@LB:Dance Dance Revolution - William 1:30PM-3:30PM OMEGA@LB: Basic Conversational English - Kate 3:31PM-4:30PM OMEGA@LB: Performance Group - Singing (English)	16 9:30AM-12:10PM Acrylic Painting Course by Steve Liu 1:00PM-5:00PM Mosaic Art Course by Angie Ong	17 9:30AM-10:30AM Brain and Body Exercises by Ai Ling 2:30PM-5:00PM Pen Ink Drawing x Couture by Janice	18 4:00PM-6:00PM Pharmacists Training - Placeholder Oct 2026 7:00PM-9:00PM Stress Reduction and Cognitive Resilience Course by Angie	19 10:00AM-12:40PM Coloured Pencil Drawing Course by Kuan	20 10:00AM-12:40PM Chinese Brush Painting by Manlin 2:30PM-5:00PM Graphite Painting Course by Geri	21
22 10:00AM-3:30PM OMEGA@LB: Deepavali Celebration @ Labrador - BOA	23 9:30AM-12:10PM Acrylic Painting Course by Steve Liu 1:00PM-5:00PM Mosaic Art Course by Angie Ong	24 9:30AM-10:30AM Brain and Body Exercises by Ai Ling	25 7:00PM-9:00PM Stress Reduction and Cognitive Resilience Course by Angie	26 10:00AM-12:40PM Coloured Pencil Drawing Course by Kuan 2:00PM-3:30PM Cultivating Joy, Peace and Resilience Workshop 4:00PM-6:00PM Pharmacists Training - Placeholder Oct 2026	27 10:00AM-12:40PM Chinese Brush Painting by Manlin	28
29 10:00AM-12:00PM OMEGA@LB: Basic Conversational English- Kate 1:00PM-3:30PM OMEGA@LB: Mindfulness - Poe Poe 3:30PM-4:30PM OMEGA@LB: Performance Group - Singing (English)	30 10:00AM-12:40PM Acrylic Painting Course by Steve Liu 2:00PM-4:40PM Nagomi Pastel Art Course (Black & White) by Audrey Ng					

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This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com

NOV2026@MACPHERSON

Brahm Centre @ MacPherson Blk 55 Pipit Road, #01-01 Singapore 370055 Tel: +65 6741 1131

brahm centre — Building Resilient And Happy Minds

active ageing CENTRE — SUPPORTED BY MOH AND AIC

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
1	2 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促进局椅子尊巴 1:30PM-3:00PM TCM Digest Well by Dr Lim Xiang Jun	3 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会	4 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion | 健康促进局排舞课@大牌60A号亭 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	5 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动 3:30PM-5:00PM Everyday English for Seniors	6 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴@麦波申社俱乐部，二楼礼堂 2:30PM-3:30PM Mindful Hour | 正念时光	7 2:00PM-4:40PM Nagomi Pastel Art Course by Vanessa Mok
8 **Closed for Deepavali**	9 **Closed for Deepavali**	10 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会 2:30PM-5:30PM Healthier Me @ MP | 健康自我	11 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion | 健康促进局排舞课@大牌60A号亭 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	12 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动 3:30PM-5:00PM Everyday English for Seniors	13 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴@麦波申社俱乐部，二楼礼堂 2:30PM-5:30PM Healthier Me @ MP | 健康自我	14 10:00AM-12:30PM Mindfulness Based Stress Reduction by Hsueh Ya Wen 2:00PM-4:40PM Nagomi Pastel Art Course by Vanessa Mok
15	16 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促进局椅子尊巴 2:30PM-3:30PM SE CDC Wellness Initiative 2	17 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会 2:30PM-5:30PM Healthier Me @ MP | 健康自我	18 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion | 健康促进局排舞课@大牌60A号亭 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	19 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动	20 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴@麦波申社俱乐部，二楼礼堂 2:30PM-5:30PM Healthier Me @ MP | 健康自我	21 10:00AM-12:30PM Mindfulness Based Stress Reduction by Hsueh Ya Wen
22	23 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促进局椅子尊巴	24 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会 2:30PM-5:30PM Healthier Me @ MP | 健康自我	25 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion | 健康促进局排舞课@大牌60A号亭 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	26 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动 3:30PM-5:00PM Everyday English for Seniors	27 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴@麦波申社俱乐部，二楼礼堂 12:15PM-1:15PM Simple Zentangle for Seniors 乐龄心境禅绕画班 2:30PM-5:30PM Healthier Me @ MP | 健康自我	28 10:00AM-12:30PM Mindfulness Based Stress Reduction by Hsueh Ya Wen
29	30 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促进局椅子尊巴 3:30PM-5:00PM SE CDC Mindfulness Initiative 2					

This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com

NOV2026@NEWTON

Brahm Centre @ Newton 47, Scotts Road L4 (#04-02A), L5 (#05-02), Goldbell Towers Singapore 228233

Building Resilient And Happy Minds

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
1	2 10:00AM-12:40PM Acrylic Painting Course by Tan Ching Ching 2:00PM-4:40PM Watercolour Painting Course by Janice	3 10:00AM-12:30PM Pen Ink Drawing Course by Jeffrey 2:00PM-4:30PM Pen Ink Drawing Course by Laura Soon	4 10:00AM-12:40PM Chinese Brush Painting by Manlin 2:00PM-4:40PM Coloured Pencil Drawing Course by Kuan	5 2:00PM-4:40PM Chinese Calligraphy Course by Louis Tan 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	6 10:00AM-12:40PM Nagomi Pastel Art Course (Black & White) by Audrey Ng 2:00PM-4:30PM Pen Ink Drawing Course x Tangles by Gina	7 9:00AM-5:00PM One Day Silent Retreat (Chinese)
8 **Closed for Deepavali**	9 **Closed for Deepavali**	10 10:00AM-12:30PM Pen Ink Drawing Course by Jeffrey 2:00PM-4:30PM Pen Ink Drawing Course by Laura Soon 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng	11 10:00AM-12:40PM Chinese Brush Painting by Manlin 2:00PM-4:40PM Coloured Pencil Drawing Course by Kuan	12 10:00AM-12:00PM Chinese Mindfulness Foundation Course by Ya Wen 2:00PM-4:40PM Chinese Calligraphy Course by Louis Tan 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	13 10:00AM-12:40PM Nagomi Pastel Art Course (Black & White) by Audrey Ng 2:00PM-4:30PM Pen Ink Drawing Course x Tangles by Gina	14 10:00AM-12:00PM Mindfulness Circle @Newton - Nov 14 1:00PM-5:00PM PEASE CAFE
15	16 10:00AM-12:40PM Acrylic Painting Course by Tan Ching Ching	17 10:00AM-12:30PM Pen Ink Drawing Course by Jeffrey 2:00PM-4:30PM Pen Ink Drawing Course by Laura Soon 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng	18 10:00AM-12:40PM Chinese Brush Painting by Manlin 7:00PM-8:30PM Mindfulness for Better Sleep by May	19 10:00AM-12:00PM Chinese Mindfulness Foundation Course by Ya Wen 2:00PM-4:40PM Chinese Calligraphy Course by Louis Tan 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	20 2:00PM-4:30PM Pen Ink Drawing Course x Tangles by Gina	21 10:00AM-12:00PM 正念圈 Chinese Mindfulness Circle @ Newton - Nov 21 10:00AM-1:00PM [No NSA] Art Jam x Coloured Pencil
22	23	24 2:00PM-4:30PM Pen Ink Drawing Course by Laura Soon 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng	25 10:00AM-12:00PM Understanding & Managing Emotions Workshop by Angie 2:00PM-3:00PM Meeting Big Feelings (Pri) 2:00PM-3:00PM Meeting Big Feelings (Upper Pri) 7:00PM-8:30PM Mindfulness for Better Sleep by May	26 10:00AM-12:00PM Chinese Mindfulness Foundation Course by Ya Wen 2:00PM-4:40PM Chinese Calligraphy Course by Louis Tan 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	27 10:00AM-12:40PM Nagomi Pastel Art Course (Black & White) by Audrey Ng 2:00PM-4:30PM Pen Ink Drawing Course x Tangles by Gina	28 10:00AM-12:00PM Mindfulness Circle @Newton - Nov 28 10:00AM-1:00PM [No NSA] Art Jam x Coloured Pencil
29 9:00AM-5:00PM Mindfulness Based Stress Reduction by Angie Chew	30 10:00AM-12:40PM Acrylic Painting Course by Tan Ching Ching					

This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com

Simei Centres Weekly Activity Schedule 每周活动安排

Brahm Centre-PCF Sparkle Care Active Ageing @ Simei 107
Blk 107 Simei Street 1
#01-838 S520107 TEL: 6612 8396

Monday 星期一	早上 9.30am	Low Impact Ex | 低冲击运力操 | Blk 106
	下午 2pm	Mahjong & Rummikub | 麻将 & 拉密数字牌
	下午 3pm	Rhythmic Resistance | 低冲击运力操 | Blk 106
Tuesday 星期二	早上 8am	Zumba Toning | 尊巴塑形 | Blk 106
	下午 2pm	Chair Yoga (Robust) | 椅子瑜伽 (强壮)
	-	Course Coming Soon
Wednesday 星期三	早上 9.15am	Piloxing for Seniors | Blk 106
	下午 2pm	Sing-Along | 一起唱
	-	Course Coming Soon
Thursday 星期四	早上 8am	Low Impact Dance | 低冲击运力操 | Blk 106
	下午 2pm	Happy Active Ex | 开心动一动 | Blk 106
	下午 3.15pm	Chair Exercise | 椅子运动
Friday 星期五	-	Course Coming Soon
	下午 1.30pm	Masala Bangra | 玛萨拉邦格拉舞 | Blk 106
	下午 3pm	Chair Yoga (Frail) | 椅子瑜伽 (脆弱)
Saturday 星期六	早上 11am	Saturday Social (Games & Makan)
	-	Course Coming Soon
	-	Course Coming Soon

BRAHM CENTRE 148 百仁中心 大牌 148
Blk 148 Simei Street 1
#01-121 S520148 TEL: 6612 6125

Monday 星期一	早上 9.30am	Pilates | 普拉提
	早上 11.30am	Line Dance Beginner | 初級排舞
	下午 2.30pm	Sit, Stretch and Tone | 坐姿伸展
	晚上 6.30pm	HPB Yoga | HPB 瑜伽
Tuesday 星期二	早上 9.15am	Pilates | 普拉提
	早上 10.15am	Social Dance | 社交舞
	下午 1pm	HPB Chair Exercise | HPB 椅子运动
Wednesday 星期三	早上 9.15am	Chair Exercise | 椅子运动
	早上 10.30am	Happy Active (Ball Ex) | 开心动一动
	早上 11.45am	Mindfulness: An Hour To Be | 早上：一小时静心
	下午 2pm	Bingo | 数字宾果
Thursday 星期四	早上 10.30am	Chair Exercise | 椅子运动
	-	Course Coming Soon
	下午 2pm	Mahjong & Rummikub | 麻将 & 拉密数字牌
	下午 3pm	Chair Exercise | 椅子运动
Friday 星期五	早上 9.15am	Social Dance | 社交舞
	早上 10.45am	Pilatones | 普拉提-塑形
	-	Course Coming Soon
	下午 4pm	HPB Cardio Dance | HPB 健身运动
Saturday 星期六	-	Course Coming Soon
	-	Course Coming Soon
	-	Course Coming Soon

BRAHM CENTRE 227 百仁中心 大牌 227
Blk 227 Simei Street 4
#01-50 S520227 TEL: 6786 0800

Monday 星期一	早上 8am	Low Impact Cardio | 低冲击运力操 | Netball Court
	早上 9.15am	HPB Zumba Gold | HPB 尊巴金 | Blk 229A
	早上 9.30am	Yoga Lvl 1 | 瑜伽一级
	下午 2pm	Bingo | 数字宾果
Tuesday 星期二	-	Course Coming Soon
	-	Course Coming Soon
	下午 1pm	HPB Chair Exercise | HPB 椅子运动 | Blk 228
	下午 2pm	Mahjong & Rummikub | 麻将 & 拉密数字牌
Wednesday 星期三	早上 8am	Masala Bangra | 玛萨拉邦格拉舞 | Netball Court
	早上 9.15am	Yoga Lvl 2 | 瑜伽二级
	早上 10.30am	Yoga Lvl 1 | 瑜伽一级
Thursday 星期四	早上 9.15am	Dancercise | 舞动运动 | Blk 229A
	早上 10.30am	Line Dance for Higher Beginner | 初高级排舞 ($5)
	下午 1pm	Chair Exercise | Blk 228
	下午 2pm	Mahjong & Rummikub | 麻将 & 拉密数字牌
Friday 星期五	早上 9.15am	Stand and Tap | 拍打 | Blk 229A
	下午 1pm	English Tuition | 英文课
	下午 1.30pm	Sit, Stretch and Tone | 坐姿伸展 | Blk 228
	下午 3pm	Sing-Along | 一起唱
Saturday 星期六	早上 11am	Saturday Social (Games & Makan)
	下午 1pm	Sing-Along | 一起唱
	-	Course Coming Soon

Exercise 运动 | **Mindfulness 正念** | **Learning 学习** | **Recreational 娱乐**

NOV2026@TAMPINES

Brahm Centre @ Tampines Blk 473 Tampines Street 43, #01-94 Singapore 520473 Tel: +65 6908 2122

Building Resilient And Happy Minds

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
1	2 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 2:00PM-4:00PM Meeting Centre - 聚乐中心	3 9:15AM-10:15AM Physical Toning Exercise 身体塑形运动 10:30AM-11:30AM Yogasana Yoga 瑜伽体式 10:30AM-11:30AM Masala Bhangra Dance 马萨拉邦格拉舞 - TP20261103MBD 2:00PM-4:00PM Interest Group 兴趣小组 2:00PM-5:00PM Recreation Group A - 康乐活动A组	4 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Chair Zumba 椅子尊巴 2:00PM-4:30PM Pen Ink Drawing Course by Xiang Ling	5 9:15AM-10:15AM Happy Drumming 快乐击鼓 10:30AM-11:30AM Piloxing Lite Fitness 轻量皮拉搏击健身	6 10:00AM-11:00AM Brain and Body Exercises 健脑益体运动 11:15AM-12:15PM Happy Dance 快乐舞蹈 2:00PM-5:00PM Recreation Group A - 康乐活动A组 2:00PM-5:00PM Karaoke Group A 卡拉OK A组	7 2:00PM-4:30PM Karaoke Group A 卡拉OK A组
8 **Closed for Deepavali**	9 **Closed for Deepavali**	10 9:15AM-10:15AM Physical Toning Exercise 身体塑形运动 10:30AM-11:30AM Yogasana Yoga 瑜伽体式 10:30AM-11:30AM Masala Bhangra Dance 马萨拉邦格拉舞 - TP20261103MBD 2:00PM-4:00PM Interest Group 兴趣小组 2:00PM-5:00PM Recreation Group B - 康乐活动B组	11 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Chair Zumba 椅子尊巴 2:00PM-4:30PM Pen Ink Drawing Course by Xiang Ling	12 9:15AM-10:15AM Happy Drumming 快乐击鼓 10:30AM-11:30AM Piloxing Lite Fitness 轻量皮拉搏击健身	13 10:00AM-11:00AM Brain and Body Exercises 健脑益体运动 11:15AM-12:15PM Happy Dance 快乐舞蹈 2:00PM-5:00PM Recreation Group B - 康乐活动B组 2:00PM-5:00PM Karaoke Group B 卡拉OK B组	14 2:00PM-4:30PM Karaoke Group B 卡拉OK B组
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22	23 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 2:00PM-4:00PM Meeting Centre - 聚乐中心	24 9:15AM-10:15AM Physical Toning Exercise 身体塑形运动 10:30AM-11:30AM Masala Bhangra Dance 马萨拉邦格拉舞 - TP20261103MBD 2:00PM-4:00PM Interest Group 兴趣小组 2:00PM-5:00PM Recreation Group B - 康乐活动B组	25 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Chair Zumba 椅子尊巴 2:00PM-4:30PM Pen Ink Drawing Course by Xiang Ling	26 9:15AM-10:15AM Happy Drumming 快乐击鼓 10:30AM-11:30AM Piloxing Lite Fitness 轻量皮拉搏击健身	27 10:00AM-11:00AM Brain and Body Exercises 健脑益体运动 11:15AM-12:15PM Happy Dance 快乐舞蹈 2:00PM-5:00PM Recreation Group B - 康乐活动B组 2:00PM-5:00PM Karaoke Group B 卡拉OK B组	28 2:00PM-4:30PM Karaoke Group B 卡拉OK B组
29 9:00AM-5:00PM One Day Silent Retreat (English)	30 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 2:00PM-4:00PM Meeting Centre - 聚乐中心					

This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com