

2026 . APRIL . ZONE I

Gym 8am - 5pm daily
Table Tennis: Mon, Tues and Thurs
No booking required, Walk-in only
We are CLOSED for lunch from 12PM to 1PM
午餐時間關閉由中午十二點至一點

Daily Socialising Activities
Monday to Friday
9am - 12pm
& 1.30pm - 5.30pm

社交活動 / 體力遊戲
星期一至星期五
早上九點至十二點
及下午一點半至五
點半

(All Bookings)
6422 1333
(Whatsapp)
80281307



VENUE	MON	TUE	WED	THU	FRI
KWSC@ BLK 25 ST GEORGE'S CENTRE			1	2 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	3
ST GEORGE'S			KPOP DANCE FITNESS 韓式跳舞 9AM - 10AM @ BLK 24 PAVILION 	HPE ZUMBA GOLD (MODERATE) 尊巴運動 9AM - 10AM @ BLK 24 PAVILION 	
KWSC@ BLK 25 ST GEORGE'S CENTRE	6 ARTS & CRAFTS(DECUPAG) 2PM - 4PM @DANCE ROOM 	7	8	9 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	10
ST GEORGE'S	HPE CHAIR ZUMBA (LOW) 座椅尊巴 8AM - 9AM @ BLK 24 PAVILION 		KPOP DANCE FITNESS 韓式跳舞 9AM - 10AM @ BLK 24 PAVILION 	HPE ZUMBA GOLD (MODERATE) 尊巴運動 9AM - 10AM @ BLK 24 PAVILION 	TALJ 太極 9AM-10AM @BLK 24 PAVILION
KWSC@ BLK 25 ST GEORGE'S CENTRE	13 HARI RAYA COOKIE BAKING WORKSHOP 	14	15	16 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	17 FRUIT GIVING 2PM-3PM @THE CENTRE @ ST GEORGE WEST
ST GEORGE'S	HPE CHAIR ZUMBA (LOW) 座椅尊巴 8AM - 9AM @ BLK 24 PAVILION 		KPOP DANCE FITNESS 韓式跳舞 9AM - 10AM @ BLK 24 PAVILION 	HPE ZUMBA GOLD (MODERATE) 尊巴運動 9AM - 10AM @ BLK 24 PAVILION 	
KWSC@ BLK 25 ST GEORGE'S CENTRE	20 ARTS & CRAFTS(DECUPAG) 2PM - 4PM @DANCE ROOM 	21	22	23 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	24 OUTING
ST GEORGE'S	HPE CHAIR ZUMBA (LOW) 座椅尊巴 8AM - 9AM @ BLK 24 PAVILION 		KPOP DANCE FITNESS 韓式跳舞 9AM - 10AM @ BLK 24 PAVILION 		TALJ 太極 9AM-10AM @BLK 24 PAVILION
KWSC@ BLK 25 ST GEORGE'S CENTRE	27	28	29	30 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	
ST GEORGE'S	HPE LOW IMPACT AEROBICS 低冲击有氧操 9AM - 10AM @ BLK 24 PAVILION 		KPOP DANCE FITNESS 韓式跳舞 9AM - 10AM @ BLK 24 PAVILION 		

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社交活動 / 體力訓練
星期一至星期五
早上九時至十二時
及下午一點半至五
時半

(All Bookings)
6422 1333
(Whatsapp)
80281307



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ST GEORGE'S		RESISTANCE BAND STRETCHING EXERCISE 拉力帶運動 9AM - 10AM @BLK 9 PAVILION 	QI-GONG EXERCISE 氣功運動 2PM - 3PM @BLK 9 PAVILION 		
KWSC@ BLK 25 ST GEORGE'S CENTRE	13 HARI RAYA COOKIE BAKING WORKSHOP 	14	15	16 CHAIR YOGA 椅子瑜伽 2PM-3PM @ DANCE ROOM 	17 FRUIT GIVING 2PM-3PM @THE CENTRE ST GEORGE EAST 
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(All Bookings)
8126 3872


















BENDEMEER - APRIL 2026



We are **CLOSED**
for lunch from
12PM to 1PM
午餐时间关闭中
中午十二点到一点

Daily Socialising
Activities
Monday &
Wednesday
9am - 12pm

社交活动 / 智力游戏
星期一和星期三
上午9点 - 中午12点

MON	TUE	WED	THU	FRI
		1 CHAIR YOGA 椅子瑜伽 9:30AM-10:30AM @ BLK 38A BENDEMEER 	2 RESISTANCE BAND 拉力带运动 9AM - 10AM @BLK 39 BENDEMEER PAVILION 	3
6 TAI CHI 太极 9:30AM- 10:30AM @BLK 47A WHAMPOA SOUTH PAVILION 	7 TOWEL MOBILITY 毛巾拉力运动 11AM-12PM @BLK 38A BENDEMEER 	8 CHAIR YOGA 椅子瑜伽 9:30AM-10:30AM @ BLK 38A BENDEMEER 	9 RESISTANCE BAND 拉力带运动 9AM - 10AM @BLK 39 BENDEMEER PAVILION 	10 NUS STUDENT ENGAGEMENT 国大学生交流活动 9:30AM- 12:30PM @ BLK 38A BENDEMEER 
13	14 TOWEL MOBILITY 毛巾拉力运动 11AM-12PM @BLK 38A BENDEMEER 	15 CHAIR YOGA 椅子瑜伽 9:30AM-10:30AM @ BLK 38A BENDEMEER 	16 RESISTANCE BAND 拉力带运动 9AM - 10AM @BLK 39 BENDEMEER PAVILION 	17 NUS STUDENT ENGAGEMENT 国大学生交流活动 9:30AM- 12:30PM @ BLK 38A BENDEMEER 
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