

East

Kallang Zone Training Centre
5 Stadium Drive, OCBA Arena (Hall 6)
Singapore 397631

	Morning	Afternoon	Evening
Monday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Tuesday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Wednesday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Thursday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Friday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Saturday	-	1.00pm – 3.00pm	3.00pm – 5.00pm

Hougang Zone Training Centre
Training Hall
Blk 810 Hougang Central #02-216 Singapore 530810

	Morning	Afternoon	Evening
Monday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Tuesday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Wednesday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Thursday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Friday	-	-	4.30pm – 7.00pm
Saturday	-	12.00pm – 2.00pm	2.00pm – 4.00pm

Pasir Ris Zone Training Centre
Pasir Ris Sports and Recreation Centre
120 Pasir Ris Central Singapore 519640

	Morning	Afternoon	Evening
Monday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Tuesday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Wednesday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Thursday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Friday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Saturday	9.00am – 11.00am	2.00pm – 4.00pm	-

North

Bishan Zone Training Centre
Bishan Sports Hall
5 Bishan St 14 Singapore 579783

	Morning	Afternoon	Evening
Monday	-	2.15pm – 4.45pm	5.00pm – 7.00pm
Tuesday	-	2.15pm – 4.45pm	5.00pm – 7.00pm
Wednesday	-	2.15pm – 4.45pm	5.00pm – 7.00pm
Thursday	-	2.15pm – 4.45pm	5.00pm – 7.00pm
Friday	-	2.15pm – 4.45pm	5.00pm – 7.00pm
Saturday	9.00am – 11.00am	2.00pm – 4.00pm	-

Yishun Zone Training Centre

Training Hall

Blk 845 Yishun St 81 Singapore 760845 (Above Sheng Siong Supermarket)

	Morning	Afternoon	Evening
Monday	-	-	4.30pm – 7.00pm
Tuesday	-	3.00pm – 5.30pm	5.30pm – 7.30pm
Wednesday	-	3.00pm – 5.30pm	5.30pm – 7.30pm
Thursday	-	3.00pm – 5.30pm	5.30pm – 7.30pm
Friday	-	3.00pm – 5.30pm	5.30pm – 7.30pm
Saturday	9.00am – 11.00am	11.00am – 1.00pm	-

West

Clementi Zone Training Centre

Clementi Sports Hall

518 Clementi Avenue 3 Singapore 129907

	Morning	Afternoon	Evening
Monday	-	3.00pm – 5.00pm	5.00pm – 7.00pm
Tuesday	9.00am – 11.00am	3.00pm – 5.00pm	5.00pm – 7.00pm
Wednesday	-	3.00pm – 5.00pm	5.00pm – 7.00pm
Thursday	-	-	5.00pm – 7.00pm
Friday	-	3.00pm – 5.00pm	5.00pm – 7.00pm
Saturday	9.00am – 11.00am	11.00am – 1.00pm	-

Jurong West Zone Training Centre

Jurong West Sports Hall

20 Jurong West Street 93 Singapore 648965

	Morning	Afternoon	Evening
Monday	-	-	-
Tuesday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Wednesday	-	-	-
Thursday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Friday	-	2.30pm – 5.00pm	5.00pm – 7.00pm
Saturday	9.00am – 11.00am	-	-