

North

Toa Payoh Zone Training Centre @ Lee Kong Chian Training Hall
Singapore Table Tennis Association
297C Lorong 6 Toa Payoh Singapore 319389

	Morning	Afternoon	Evening
Monday	-	2pm - 4.30pm	7pm – 9pm
Tuesday	-	2pm - 4.30pm	7pm – 9pm
Wednesday	-	2pm - 4.30pm & 5pm - 7pm	-
Thursday	-	2pm - 4.30pm	7pm – 9pm
Friday	-	2pm - 4.30pm & 5pm – 7pm	-
Saturday	-	1pm – 3pm & 3pm – 5pm	-

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

	Morning	Afternoon	Evening
Monday	-	2.15pm – 4.45pm	5pm – 7pm
Tuesday	-	2.15pm – 4.45pm	5pm – 7pm
Wednesday	-	2.15pm – 4.45pm	5pm – 7pm
Thursday	-	2.15pm – 4.45pm	5pm – 7pm
Friday	-	2.15pm – 4.45pm	5pm – 7pm
Saturday	9am – 11am	2pm – 4pm	-

Yishun Zone Training Centre
Training Hall
Blk 845 Yishun St 81 Singapore 760845 (Above Sheng Siong Supermarket)

	Morning	Afternoon	Evening
Monday	-	3pm – 5.30pm	6pm - 8pm <i>(with effect from 1st Feb 2020)</i>
Tuesday	-	3pm – 5.30pm	6pm - 8pm <i>(with effect from 1st Feb 2020)</i>
Wednesday	-	3pm – 5.30pm	6pm - 8pm <i>(with effect from 1st Feb 2020)</i>
Thursday	-	3pm – 5.30pm	6pm - 8pm <i>(with effect from 1st Feb 2020)</i>
Friday	-	3pm – 5.30pm	6pm - 8pm <i>(with effect from 1st Feb 2020)</i>
Saturday	9am – 11am	11.30am – 1.30pm	-

Woodlands Zone Training Centre @ Singapore Sports Centre
 Table Tennis Training Hall
 1 Champions Way, Singapore 737913

	Morning	Afternoon	Evening
Monday	-	-	-
Tuesday	-	-	-
Wednesday	-	4pm – 6.30pm	-
Thursday	-	-	-
Friday	-	4pm – 6.30pm	-
Saturday	-	1.30pm – 4pm	-

East

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

	Morning	Afternoon	Evening
Monday	-	2.30pm – 5pm	5.30pm – 7.30pm
Tuesday	-	2.30pm – 5pm	5.30pm – 7.30pm
Wednesday	-	2.30pm – 5pm	5.30pm – 7.30pm
Thursday	-	2.30pm – 5pm	5.30pm – 7.30pm
Friday	-	2.30pm – 5pm	-
Saturday	-	12pm – 2pm & 2.30pm - 4.30pm <i>(with effect from 1st Feb 2020)</i>	-

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

	Morning	Afternoon	Evening
Monday	-	2pm – 4.30pm <i>(with effect from 1st Feb 2020)</i>	5pm – 7pm
Tuesday	-	2pm – 4.30pm <i>(with effect from 1st Feb 2020)</i>	5pm – 7pm <i>(with effect from 1st Feb 2020)</i>
Wednesday	-	2pm – 4.30pm <i>(with effect from 1st Feb 2020)</i>	-
Thursday	-	2pm – 4.30pm <i>(with effect from 1st Feb 5pm – 7pm 2020)</i>	5pm – 7pm
Friday	-	2pm – 4.30pm <i>(with effect from 1st Feb 2020)</i>	5pm – 7pm
Saturday	9am – 11am	2pm – 4.30pm <i>(with effect from 1st Feb 2020)</i>	-

West

Clementi Zone Training Centre
Clementi Sports Hall
518 Clementi Avenue 3 Singapore 129907

	Morning	Afternoon	Evening
Monday	-	3pm – 5.30pm	6pm – 8pm
Tuesday	9am – 11am	3pm – 5.30pm	-
Wednesday	-	3pm – 5.30pm	6pm – 8pm
Thursday	9am – 11am	3pm – 5.30pm	-
Friday	-	3pm – 5.30pm	6pm – 8pm
Saturday	9am – 11am	-	-

Jurong West Zone Training Centre
Jurong West Sports Hall
20 Jurong West St 93 Singapore 648965

	Morning	Afternoon	Evening
Monday	-	2.30pm – 5pm	6pm – 8pm <i>(with effect from 1st Feb 2020)</i>
Tuesday	9am – 11am <i>(with effect from 1st Feb 2020)</i>	2.30pm – 5pm	5pm – 7pm
Wednesday	-	2.30pm – 5pm	6pm – 8pm <i>(with effect from 1st Feb 2020)</i>
Thursday	-	2.30pm – 5pm	6pm – 8pm <i>(with effect from 1st Feb 2020)</i>
Friday	-	2.30pm – 5pm	6pm – 8pm
Saturday	9am – 11am	-	-