# ROCKSTAR ACADEMY

## 23 PASKAL
+6222 3050 0505

## Winter Term Schedule
19th Oct 2026 until 17th Jan 2027

**UPDATED 16 NOVEMBER 2026**

**SCAN FOR E-SCHEDULE**




| Time | Monday | | | | | Tuesday | | | | | Wednesday | | | | | Thursday | | | | | Friday | | | | | Saturday | | | | | Sunday | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports |
| 08.00 - 08.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08.30 - 09.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09.00 - 09.30 | | Pre Primary 5&6 5-7 yrs | | | | | Pre Primary 5&6 5-7 yrs | | LEARN & PLAY 1 6-18 mo | | | Pre Primary 5&6 5-7 yrs | | | | | Pre Primary 5&6 5-7 yrs | | LEARN & PLAY 1 6-18 mo | | | Pre Primary 5&6 5-7 yrs | | | | | | | | | | | | |
| 09.30 - 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.00 - 10.30 | | | | | | Crawler 6-18 mo | | | LEARN & PLAY 2 19-35 mo | | Walker 12-23 mo | | | LEARN & PLAY 2 19-35 mo | | Crawler 6-18 mo | | | LEARN & PLAY 2 19-35 mo | | Jumper 24-35 mo | | | | | Jumper 24-35 mo | | | | | | | | | |
| 10.30 - 11.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.00 - 11.30 | U4 | SMARTOLOGY 3 3-4 yrs | | | | Jumper 24-35 mo | SMARTOLOGY 3 3-4 yrs | Baby Dance 1-3 yrs | | | Jumper 24-35 mo | SMARTOLOGY 3 3-4 yrs | P-Ballet 3-5 yrs | Baby Dance 1-3 yrs | | Walker 12-23 mo | | Baby Jam 6-18 mo | | Sports U3 | Walker 12-23 mo | SMARTOLOGY 3 3-4 yrs | Baby Dance 1-3 yrs | | | Crawler 6-18 mo | Baby Dance 1-3 yrs | | | | Walker 12-23 mo | | | | |
| 11.30 - 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.00 - 12.30 | | SMARTOLOGY 4 4-5 yrs | | Baby Dance 1-3 yrs | NEW Sports U4/5 | Walker 12-23 mo | SMARTOLOGY 4 4-5 yrs | Baby Dance 1-3 yrs | LEARN & PLAY 2 19-35 mo | Sports U4/5 | | SMARTOLOGY 4 4-5 yrs | Baby 2-3 yrs | LEARN & PLAY 2 19-35 mo | Sports U3 | Jumper 24-35 mo | SMARTOLOGY 4 4-5 yrs | Baby Dance 1-3 yrs | LEARN & PLAY 2 19-35 mo | | | SMARTOLOGY 4 4-5 yrs | Baby Dance 1-3 yrs | Sports U3 | | Walker 12-23 mo | Sports U3 | | P-Ballet 3-5 yrs | | | Baby Dance 1-3 yrs | | | |
| 12.30 - 13.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13.00 - 13.30 | Walker 12-23 mo | | Sports U3 | SMARTOLOGY 3 3-4 yrs | U4 | | | | | Sports U3 | Jumper 24-35 mo | | Move& Groove 3-5 yrs | SMARTOLOGY 3 3-4 yrs | | | | Baby Dance 1-3 yrs | SMARTOLOGY 3 3-4 yrs | Sports U4/5 | | | Move& Groove 3-5 yrs | SMARTOLOGY 3 3-4 yrs | Elite | U4 | K-Pop U7-18 | | Baby 2-3 yrs | U5-7 | Jumper 24-35 mo | | | | |
| 13.30 - 14.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.00 - 14.30 | Jumper 24-35 mo | | Move& Groove 3-5 yrs | | U5-7 | | | Sports U4/5 | Primary 5+ yrs | U5-7 | U4 | | Martial Arts 4-7 yrs | | U5-7 | U4 | | RockFit U5-7 | | U5-7 | U4 | | | RockFit U5-7 | U5-7 | U5-7 | | | U9-18 | U4 | | | | |
| 14.30 - 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15.00 - 15.30 | U4 | | | Elite U5-9 | U5-7 | U5-7 | Move& Groove 3-5 yrs | | | U5-7 | | P-Ballet 3-5 yrs | Muay Thai 5+yrs | U5-9 | U5-7 | U5-7 | Move& Groove 3-5 yrs | | | U5-7 | U5-7 | K-Pop U7-18 | Sports U4/5 | U5-9 | U5-7 | U8-18 | | Tkd. 5+ yrs | U5-7 | | Sports U4/5 | | U5-7 | |
| 15.30 - 16.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00 - 16.30 | U5-7 | | Martial Arts 4-7 yrs | Elite U8-18 | U9-18 | U8-18 | RockFit U5-7 | Martial Arts 4-7 yrs | Gr.1/2 (Skill dep.) | U9-18 | U5-7 | Primary 5+ yrs | | U8-18 | U9-18 | U8-18 | | Martial Arts 4-7 yrs | | U9-18 | U8-18 | Stage Studio U5-7 | Martial Arts 4-7 yrs | U8-18 | U5-7 | Parkour 7+ yrs | | Martial Arts 4-7 yrs | H-Hop U7-18 | U7-16 | U5-7 | | | |
| 16.30 - 17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00 - 17.30 | U8-18 | Elite U5-18 | Tkd. 5+ yrs | | Elite U9-18 | Parkour 7+yrs | | Tkd. 5+ yrs | Elite U7-18 | Elite U5-12 | U8-18 | | RockFit U5-7 | Elite U8-18 | U7-16 | Parkour 7+ yrs | Elite U5-18 | | | U7-16 | Elite | Elite H-Hop U7-18 | Tkd. 5+ yrs | Elite U5-9 | U9-18 | NEW DREAM TEAM | | Tkd. 6+ yrs | | NEW DREAM TEAM | | | |
| 17.30 - 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18.00 - 18.30 | Elite | | Tkd. 6+ yrs | | | Elite | | Poom-sae 5+ yrs | | U7-16 | | Elite U5-7 | | Elite U8-18 | Elite U5-12 | | | | | U9-18 | | Elite U8-18 | Elite 6+ yrs | | U7-16 | L3-7 | | | L3-7 | | | |
| 18.30 - 19.00 | | | | | | | | | | | | | | Elite U13-18 | | | | | | | | | | | | | | | | | | | | |
| 19.00 - 19.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.30 - 20.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**INDEX:**

PRESCHOOL : LEARN&PLAY 1 | LEARN&PLAY 2 | SMARTOLOGY 3 | SMARTOLOGY 4 | KINDERGARTEN : Pre Primary 5 | Pre Primary 6

Gymnastics | Cheerleading | Ballet | Broadway | Basketball | Futsal | Dance | Taekwondo | Elite : up to 90 min class | DREAM TEAM : up to 180 min class

# NEW PROGRAM CLASSIFICATION & PROGRESSION

## 6-6 MO YRS EARLY CHILDHOOD EDUCATION

### NEW! ACADEMIC
- PRE-PRIMARY 6 (5-7 YRS)
- PRE-PRIMARY 5 (5-6 YRS)
- SMARTOLOGY 4 (4-5 YRS)
- SMARTOLOGY 3 (3-4 YRS)
- LEARN & PLAY 2 (19-35 MO)
- LEARN & PLAY 1 (6-18 MO)

BEGINNER — ADVANCED

### GYMNASTICS
- TOTS GYM U4 (36-47 MO)
- JUMPER (24-35 MO)
- WALKER (12-23 MO)
- CRAWLER (6-18 MO)

BEGINNER — ADVANCED

### DANCE
- ELITE DANCE U5-8
- MOVE & GROOVE (3-5 YRS)
- BABY DANCE (1-3 YRS)
- BABY JAM (6-18 MO)

BEGINNER — ADVANCED

### SWIMMING
- MOM & ME ADVANCE (5-6 YRS)
- MOM & ME INTERMEDIATE (36-47 MO)
- MOM & ME BEGINNER (6-35 MO)

BEGINNER — ADVANCED

### BALLET
- ELITE BALLET U5-7
- PRE-BALLET (3-5 YRS)
- BABY BALLET (2-3 YRS)

BEGINNER — ADVANCED

### NEW! TENNIS
- CHAMPIONS (3-6 YRS)
- CHALLENGERS (3-6 YRS)
- FUTURES (3-6 YRS)
- DEVELOPMENTAL (3-6 YRS)

BEGINNER — ADVANCED

### MARTIAL ARTS
- INTRO TO MARTIAL ARTS U5-7

BEGINNER — ADVANCED

### MULTI-SPORTS
- SPORTS U5
- SPORTS U3

BEGINNER — ADVANCED

## 5-18 YRS ACTIVITY CLASSES

### GYMNASTICS
- ELITE GYMNASTICS L1-10
- GYMNASTICS U12-18
- GYMNASTICS U8-18
- GYMNASTICS U7-12
- KIDS GYMNASTICS U5-7

BEGINNER — ADVANCED

### SWIMMING
- ELITE SWIMMING
- STROKE DEVELOPMENT L1-UP

BEGINNER — ADVANCED

### PARKOUR
- ELITE PARKOUR (7+ YRS)
- PARKOUR (7+ YRS)

BEGINNER — ADVANCED

### BALLET
- ELITE BALLET U7-18
- BARRE 8+ / 19+ YRS
- ADVANCE
- ADVANCE FOUNDATION
- INTERMEDIATE
- INTERMEDIATE FOUNDATION
- BALLET GRADE 1-5
- ELITE BALLET U5-7
- PRIMARY BALLET (5+ YRS)

BEGINNER — ADVANCED

### CHEERLEADING
- ELITE CHEER U13-18
- CHEER U13-18
- ELITE CHEER U8-12
- CHEER U8-12
- ELITE CHEER U5-9
- CHEER U5-9

BEGINNER — ADVANCED

### FUTSAL
- ELITE FUTSAL U14-18
- FUTSAL U14-18
- ELITE FUTSAL U12-16
- FUTSAL U12-16
- ELITE FUTSAL U8-12
- FUTSAL U8-12
- ELITE FUTSAL U5-7
- FUTSAL U5-7

BEGINNER — ADVANCED

### BASKETBALL
- ELITE BASKETBALL GIRLS U14-18
- ELITE BASKETBALL U14-18
- BASKETBALL GIRLS U14-18
- BASKETBALL U14-18
- ELITE BASKETBALL U8-12
- BASKETBALL GIRLS U8-12
- BASKETBALL U8-12
- ELITE BASKETBALL U5-7
- BASKETBALL U5-7

BEGINNER — ADVANCED

### DANCE
- ELITE CONTEMPORARY U8-18
- ELITE BROADWAY U5-18
- ELITE DANCE U7-18
- ROCKJAM 8+ / 19+ YRS
- BREAK DANCE U7-18
- TRADITIONAL DANCE U7-18
- HIPHOP U7-18
- K-POP U7-18
- BELLY DANCE U7-18
- ELITE DANCE U5-8
- K-POP U5-7
- BELLY DANCE U5-7
- STAGE STUDIO U5-7

BEGINNER — ADVANCED

### NEW! PICKLEBALL
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

### NEW DREAM TEAM

| BASKETBALL | FUTSAL | GYMNASTICS |
|---|---|---|
| U10 \| U12 \| U14 \| U16 | U6 \| U8 \| U10 \| U13 | LEVEL 3-10 |

### MARTIAL ARTS
- ELITE TAEKWONDO
- TAEKWONDO WHITE-BLACK (5+ YRS)
- MIXED MARTIAL ARTS (6+ YRS)
- MUAY THAI (5+ YRS)
- POOMSAE (5+ YRS)

BEGINNER — ADVANCED

### NEW! PING PONG
- PING PONG ADULT19+
- PING PONG U8-18
- PING PONG U5-7

BEGINNER — ADVANCED

### ROCKFIT
- ROCKFIT U8-18
- ROCKFIT U5-7

BEGINNER — ADVANCED

### NEW! TENNIS
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

### Elite CLASS

- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED
- CHECK WITH ELITE CLASS INSTRUCTOR