

# **AEON MALL BSD ©** +6221 3971 3777

## Fall Term Schedule Jul 21st until Oct 19th 2025

## SCAN FOR E-SCHEDULE



|                       | Monday          |                      |                |                |                 | Tues                    | sday       |                     |                 | Wedn                   | esday           |                         |                 | Thui            | rsday      |                 |                 | Fri             | day            |                        |                 | Satu          | rday            |                         |                 | Sunday                 |                  |           |  |
|-----------------------|-----------------|----------------------|----------------|----------------|-----------------|-------------------------|------------|---------------------|-----------------|------------------------|-----------------|-------------------------|-----------------|-----------------|------------|-----------------|-----------------|-----------------|----------------|------------------------|-----------------|---------------|-----------------|-------------------------|-----------------|------------------------|------------------|-----------|--|
| Time                  | G               | 1                    | 2              | 3              | G               | 1                       | 2          | 3                   | G               | 1                      | 2               | 3                       | G               | 1               | 2          | 3               | G               | 1               | 2              | 3                      | G               | 1             | 2               | 3                       | G               | 1                      | 2                | 3         |  |
| 08.00<br>08.30        |                 |                      |                |                |                 |                         |            |                     |                 |                        |                 |                         |                 |                 |            |                 |                 |                 |                |                        |                 |               |                 |                         |                 |                        |                  |           |  |
| 08.30                 |                 |                      |                |                |                 |                         |            |                     |                 |                        |                 |                         |                 |                 |            |                 |                 |                 |                |                        |                 |               |                 | 2                       | <b>2</b>        |                        |                  | 0         |  |
| <u>09.00</u><br>09.00 |                 |                      |                |                |                 |                         |            |                     |                 |                        |                 |                         |                 |                 |            | I FARNI         |                 |                 |                |                        |                 |               | /               | UNC                     | 30              | 50                     |                  | <b>53</b> |  |
| 09.30                 |                 |                      | Primary        |                |                 |                         | Primary    | &PLAY               |                 |                        | Primary         |                         |                 |                 | Primary    | &PLAY           |                 |                 | <b>□</b> re    |                        |                 |               |                 |                         | ED              |                        |                  | Em        |  |
| 09.30<br>10.00        |                 |                      | 5 & 6          |                |                 |                         | 5 % 6      | <b>1</b><br>6-18 mo |                 |                        | 5 & 6           |                         |                 |                 | 5 & 6      | 6-18 mo         |                 |                 | rimary<br>5&6  |                        |                 |               |                 | بس                      |                 |                        |                  |           |  |
| 10.00                 |                 |                      | 200            |                |                 | <b>D</b> .              |            | LEARN               | \A/- II         | Data                   |                 | LEARN                   |                 |                 |            | LEARN           |                 | Dahu            | 0.000          |                        |                 |               |                 |                         |                 |                        |                  |           |  |
| 10.30                 | Jumper<br>24-35 |                      | 5-7 yrs        |                | Crawler<br>6-18 | Baby<br>Dance           | 5-7 yrs    | &PLAY               | Walker<br>12-23 | Dance                  | 5-7 yrs         | &PLAY                   | Crawler<br>6-18 | Baby<br>Dance   | 5-7 yrs    | &PLAY           | Jumper<br>24-35 | Baby<br>Dance   | 5-7 yrs        |                        | Jumper<br>24-35 | Baby<br>Dance |                 |                         | Crawler<br>6-18 |                        |                  |           |  |
| 10.30<br>11.00        | mo              |                      |                |                | mo              | 1-3 yrs                 |            | 19-35 mo            | mo              | 1-3 yrs                |                 | ∠<br>19-35 mo           | mo              | 1-3 yrs         |            | 19-35 mo        | mo              | 1-3 yrs         |                |                        |                 | 1-3 yrs       |                 |                         | mo              |                        |                  |           |  |
| 11.00                 | <b>!</b>        | Baby                 | SMART          | SMART<br>OLOGY | Jumper          | Baby                    | SMART      | SMART               | - I             | Baby                   | SMART           |                         | Jumper          | Baby            | SMART      | SMART           | Wallean         | Dahu            | SMART          | SMART<br>OLOGY         | Walker          | Baby          |                 |                         | Walker          |                        | Baby             |           |  |
| 11.30<br>11.30        | USA             | Dance                | OLOGY<br>4     | OLOGY<br>3     | 24-35           | Dance                   | OLOGY<br>4 | OLOGY<br>3          | USA             | Dance                  | OLOGY<br>4      | Barre+<br>Adult19+      | 24-35           | Jam<br>6-18     | OLOGY<br>4 | OLOGY<br>3      | Walker<br>12-23 | Baby<br>Dance   | 4              | 3                      | 12-23           | Dance         |                 |                         | 12-23           |                        | Jam<br>6-18      |           |  |
| 12.00                 | U4              | 1-3 yrs              | 4-5 yrs        | 3-4 yrs        | mo              | 1-3 yrs                 | 4-5 yrs    | 3-4 yrs             | U4              | 1-3 yrs                | 4-5 yrs         |                         | mo              | mo              |            | 3-4 yrs         | mo              | 1-3 yrs         | 4-5 yrs        | 3-4 yrs                | mo              | 1-3 yrs       |                 |                         | mo              |                        | mo               |           |  |
| 12.00                 | USA             |                      | SMART<br>OLOGY |                | Walker          | Baby                    | SMART      | LEARN<br>&PLAY      | USA             |                        | SMART           | LEARN<br>&PLAY          | Walker          | Baby            |            | LEARN<br>&PLAY  |                 |                 | SMART<br>OLOGY | Move&                  |                 |               | Sports          | P-Ballet <sup>1/2</sup> |                 |                        | Baby             |           |  |
| 12.30<br>12.30        |                 |                      | 3              |                | 12-23           | 一                       | OLOGY<br>3 | &PLAY               |                 |                        | OLOGY<br>3      | 2                       | 12-23<br>mo     | Dance           |            | ⊗FLAT           |                 |                 | 3              | Groove<br>3-5 yrs      |                 |               | U3              | 1                       |                 |                        | Dance<br>1-3 yrs |           |  |
| 13.00<br>13.00        | U5-7            |                      | 3-4 yrs        |                | mo              | 2-3 yrs                 | 3-4 yrs    | 19-35 mo            | U5-7            |                        | 3-4 yrs         | 19-35 mo                | 1110            | 1-3 yrs         |            | 19-35 mo        |                 |                 | 3-4 yrs        | 3-3 yrs                |                 |               |                 | 3-5 yrs                 |                 |                        | 1-3 yı s         |           |  |
| 13.00                 | Walker          | Baby                 | en en          |                | Jumper          | P-Ballet <sup>1/2</sup> | enre)      |                     | Walker          | Baby                   | <b>⊟</b> re     | Baby                    | Jumper          |                 | ne ne      |                 | Jumper          |                 | <b>=</b> re    |                        | USA             | Sports        |                 | Baby                    | Jumper          |                        | Move&            |           |  |
| 13.30                 | 12-23<br>mo     | Dance<br>1-3 yrs     | Primary        |                | 24-35<br>mo     | 1 1                     | rimary     |                     | 12-23<br>mo     | Dance<br>1-3 yrs       | Frimary         | 7                       | 24-35<br>mo     |                 | Primary    | /               | 24-35<br>mo     |                 | Primary        |                        |                 | Ú4/5          |                 | 7                       | 24-35<br>mo     |                        | Groove 3-5 yrs   |           |  |
| 14.00<br>14.00        |                 | ,                    | 5&6            |                | 1               | 3-5 yrs<br>Primary      | 5&6        |                     |                 | ,                      | 5&6             | 2-3 yrs                 | 1110            |                 | 5&6        |                 | 1.              |                 | 5&6            |                        | U4              |               |                 | 2-3 yrs<br>Primary      | 1 -             |                        | - 7              |           |  |
| 14.30                 | Jumper<br>24-35 | Move&<br>Groove      | 5-7 yrs        |                | USA             | <b></b>                 | 5-7 yrs    |                     | Jumper<br>24-35 | Martial<br>Arts        | 5-7 yrs         | Sports                  |                 |                 | 5-7 yrs    | Move&<br>Groove | USA             |                 | 5-7 yrs        | RockFit                | USA             | Muay<br>Thai  | Move&<br>Groove | <b>b</b>                | USA             |                        | Sports           |           |  |
| 14.30<br>15.00        |                 | 3-5 yrs              |                |                | U4              | 5+ yrs                  |            |                     | mo              | 4-7 yrs                |                 | Ú4/5                    |                 |                 |            | 3-5 yrs         | U4              |                 |                | U5-7                   | U5-7            |               | 3-5 yrs         |                         | U4              |                        | U3               |           |  |
| 15.00                 | la _            | N4 41 - 1            |                |                | -               | J+ yrs                  | Move&      |                     |                 | 14                     | Chama           | P-Ballet <sup>1/2</sup> | ر وا            |                 |            |                 | la .            |                 |                |                        | la .            |               | Ctago           | 3+ yrs                  | 1               | Muay                   | Ctaga            |           |  |
| 15.30<br>15.30        | USA             | Martial<br>Arts      |                |                | USA             |                         | Groove     |                     | USA             | Muay<br>Thai           | Stage<br>Studio | 1                       | USA             |                 |            | Stage<br>Studio | USA             | Move&<br>Groove | RockFit        |                        | USA             |               | Stage<br>Studio | 1                       | USA             |                        | Stage<br>Studio  |           |  |
| 16.00                 | U4              | 4-7 yrs              |                | U5-9           | U5-7            |                         | 3-5 yrs    |                     | U4              | 6+ yrs                 | U5-7            | 3-5 yrs                 | U4              |                 |            | U5-7            | U5-7            | 3-5 yrs         | 07-16          |                        | U8-18           |               | U5-7            | Gr.1-5<br>(Skill dep.)  | U8-18           | 6+ yrs                 | U5-7             |           |  |
| 16.00                 |                 | Muay                 |                | •              | <b>I</b>        |                         | Stage      |                     |                 |                        | Move&           | Primary                 | USA             | Martial         |            |                 | <b>I</b>        | Martial         | Stage          | Recital                | <b>I</b>        | Martial       |                 |                         | - le            | Poom-                  |                  |           |  |
| 16.30<br>16.30        | USA             | Thai                 |                |                | USA             |                         | Studio     |                     | USA             | RockFit<br>U7-18       | Groove          | <b>4</b>                | USA             | Martial<br>Arts | 1117-18    | U7-18           | AZU             | Arts            | Studio         |                        | USA             | Arts          | H-Hop<br>U7-18  | Founda-                 | USA             | sae                    |                  |           |  |
| 17.00                 | U5-7            | 6+ yrs               |                | U8-18          | U8-18           |                         | U5-7       |                     | U5-7            | 07 10                  | 3-5 yrs         | 5+ yrs                  | U5-7            | 4-7 yrs         |            |                 | U8-18           | 4-7 yrs         | U5-7           | <b>7</b> U5-7          | U8-18           | 4-7 yrs       | 0, 10           | tion & L1<br>U8-18      | U5-7            | 6+ yrs                 |                  |           |  |
| 17.00<br>17.30        | USA             | Tkd.                 | Stage          | Recital        | Elite           |                         |            | Recital             | USA             | <u>T</u> kd <u>.</u>   | RockFit         | Recital                 | USA             | Muay            | RockFi     |                 | Elite           | Tkd.            |                | Rock                   | Parkour         |               | Recital         | Recital                 |                 | Tkd.                   |                  |           |  |
| 17.30                 |                 | []<br>6+ yrs         | Studio<br>U5-7 | •              |                 |                         |            |                     |                 | [] - <b>[</b> ] 6+ yrs | U5-7            | <b>*</b>                |                 | Thai            | U5-7       |                 | 1               | []<br>6+ yrs    |                | <b>Jam</b><br>Adult19+ | 7+ yrs          |               | T.              |                         |                 | []- <b>[</b><br>6+ yrs |                  |           |  |
| 18.00<br>18.00        | U8-18           | 01 y13               | 05-7           | -              | - A-            |                         |            | K                   | U8-18           |                        |                 |                         | U8-18           | 6+ yrs          |            |                 | 2               | 01 y13          |                |                        | TOLEAN          |               | 1               | 1                       |                 | 0+ yı s                |                  |           |  |
| 18.30                 | Litte           | Tkd.                 |                | U5-9           |                 |                         |            | U8-18               | Parkour         | Elite                  | Recital         | U8-18                   |                 |                 |            |                 |                 |                 |                |                        | Elite           |               | U5-18           | U8-18                   |                 |                        |                  |           |  |
| 18.30                 | USA             | - <b> </b><br>6+ yrs |                |                |                 |                         |            |                     | 7+ yrs          | 8                      | U5-8            |                         |                 |                 |            |                 |                 |                 |                |                        |                 |               |                 |                         |                 |                        |                  |           |  |
| 19.00<br>19.00        |                 | J. J. J. J           |                |                |                 |                         |            |                     |                 |                        | 17              |                         |                 |                 |            |                 |                 |                 |                |                        |                 |               |                 |                         |                 |                        |                  |           |  |
| 19.30                 |                 |                      |                |                |                 |                         |            |                     |                 | 6+ yrs                 |                 |                         |                 |                 |            |                 |                 |                 |                |                        |                 |               |                 |                         |                 |                        |                  |           |  |
| 19.30<br>20.00        |                 |                      |                |                |                 |                         |            |                     |                 |                        |                 |                         |                 |                 |            |                 |                 |                 |                |                        |                 |               |                 |                         |                 |                        |                  |           |  |
| 20.00                 |                 |                      |                |                |                 |                         |            |                     |                 |                        |                 |                         |                 |                 |            |                 |                 |                 |                |                        |                 |               |                 | FN                      | ROLL            | <b>JENT</b> (1         | 8 2              |           |  |
| 20.30                 |                 | PRI                  | ESCH00         | L: LEAF        | N&PL            | AY1                     | LEARN 8    | RPLAY:              | 2 SM            | NTOLO                  | GY3             | SMART                   | OLOGY           | 4 K             | (INDER     | ARTEN           | : Prim          | arv 5           | Pre            | arv 6                  |                 |               |                 |                         |                 | MENT LE<br>OPEN        | ň (              | 7         |  |
| 21.00                 | INDEX           | G USA                | Gymna          |                |                 | rleading                | ¥ Bal      |                     | t               | nporary [              |                 | Broady                  | -               | Dance           | - W        | ekwondo         |                 | e: up to        |                |                        |                 |               |                 | M                       |                 | 77[[                   |                  |           |  |
|                       |                 |                      |                |                |                 |                         | Λ          |                     |                 | , -                    | - /             | λ                       |                 | 50              | 1          |                 |                 |                 | -              |                        |                 |               |                 |                         |                 |                        |                  | أحدثك     |  |



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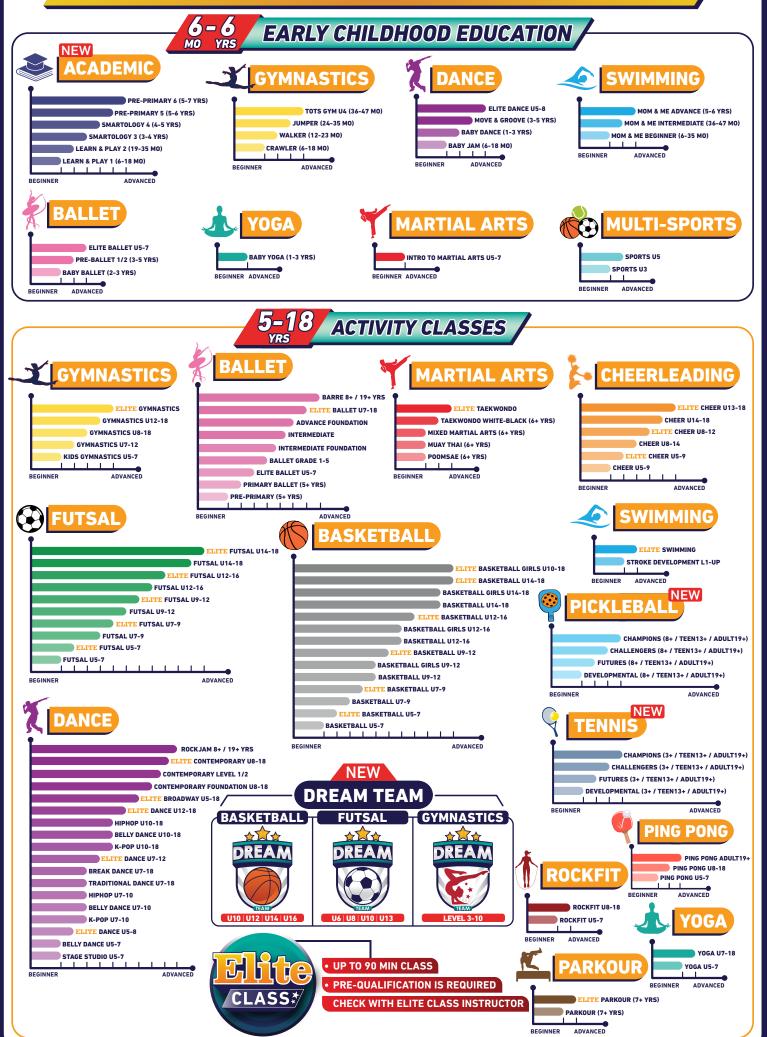
## Fall Term Schedule Jul 21st until Oct 19th 2025

## SCAN FOR E-SCHEDULE



| Time Sports 1  08.00 08.30 08.30 09.00 09.30 09.30 09.30 10.00 10.00 | Tennis & PB   | Sports 1     | Tennis & PB | Sports 1     | Tennis & PB   | Sports 1        | Tennis & PB   | 08.00<br>08.30 | Sports 1     | Tennis & PB                           | Sports 1 | Tennis & PB | Sports 1 | Tennis & PB |
|--|---------------|--------------|-------------|--------------|---------------|-----------------|---------------|----------------|--------------|---------------------------------------|----------|-------------|----------|-------------|
| 08.30<br>08.30<br>09.00<br>09.00<br>09.30<br>09.30<br>10.00          |               |              |             |              |               |                 |               | _              |              |                                       |          |             |          |             |
| 08.30<br>09.00<br>09.00<br>09.30<br>09.30<br>10.00                   |               |              |             |              |               |                 |               | 08.30          |              |                                       |          | l (5°-2)/   |          |             |
| 09.00<br>09.00<br>09.30<br>09.30<br>10.00                            |               |              |             |              |               |                 |               | 08.30          |              |                                       |          | l 🦻 i       |          |             |
| 09.00<br>09.30<br>09.30<br>10.00                                     |               |              |             |              |               |                 |               | 09.00          |              |                                       |          | Adult19+    |          |             |
| 09.30<br>10.00   |               |              |             |              |               |                 |               | 09.00          |              |                                       |          |             |          |             |
| 10.00  |               |              |             |              |               |                 |               | 09.30          |              |                                       |          | МАТСН       |          |             |
|  |               |              |             |              |               |                 |               | 09.30          |              |                                       |          | PLAY        |          |             |
|  |               |              |             |              |               |                 |               | 10.00<br>10.00 |              |                                       |          |             |          |             |
| 10.30  |               | Sports       |             |              |               |                 |               | 10.30          |              |                                       |          |             |          |             |
| 10.30  |               | U3           | Adult19+    |              |               |                 | A d.:   +10 . | 10.30          |              |                                       |          |             |          |             |
| 11.00  |               |              | Additi7+    |              |               |                 | Adult19+<br>& | 11.00          |              |                                       |          |             |          |             |
| 11.00  |               |              | LADDER      |              |               | C               | LADDER        | 11.00          |              |                                       |          |             |          |             |
| 11.30<br>11.30   |               |              |             |              |               | Sports<br>U3    | DIV           | 11.30<br>11.30 |              |                                       |          |             |          |             |
| 12.00  |               |              | اللحطاما    |              |               |                 | للحطاما       | 12.00          |              |                                       |          |             |          |             |
| 12.00  |               | _            |             | _            |               |                 |               | 12.00          |              |                                       |          |             |          |             |
| 12.30  |               | Sports<br>U3 |             | Sports<br>U3 |               |                 |               | 12.30          | Sports<br>U3 |                                       |          |             |          |             |
| 12.30<br>13.00   |               | 03           |             | 03           |               |                 |               | 12.30<br>13.00 | US           |                                       |          |             | Elite    |             |
| 13.00  |               |              |             |              |               |                 |               | 13.00          |              |                                       |          |             |          |             |
| 13.30 Sports   |               |              |             |              |               | Sports          |               | 13.30          | Sports       |                                       |          |             |          |             |
| 13.30 Ú4/5   | •             |              | <b>\</b>    | Elite        |               | Ú4/5            |               | 13.30          | U4/5         |                                       | U5-7     | \ \ \       | U5-7     |             |
| 14.00  | 3-7 yrs       |              | 3-7 yrs     |              |               |                 |               | 14.00          |              |                                       |          | 3-7 yrs     |          | 3-7 yrs     |
| 14.00<br>14.30<br>14.30  |               |              | Sports      | <b>②</b>     |               |                 |               | 14.00          |              | 9                                     |          |             | <b>③</b> |             |
|  |               |              | U4/5        | U5-7         |               |                 | <b>\</b>      | 14.30<br>14.30 |              | , , , , , , , , , , , , , , , , , , , | _        | \ \ \       |          |             |
| <sub>15.00</sub> U5-7  |               | U5-7         |             | 05-7         |               | U5-7            | 3-7 yrs       | 15.00          |              | 3-7 yrs                               | U9-18    | 8-18 yrs    | U5-7     | U9-18       |
| 15.00<br>15.30<br>15.30  |               | $\odot$      |             |              |               |                 |               | 15.00          | af C         | G                                     |          |             |          |             |
| 15.30<br>15.30   |               |              | <b>Y</b>    |              | 7             | $\odot$         | Y             | 15.30<br>15.30 |              | <b>Y</b>                              |          |             |          |             |
| <sub>16.00</sub> U8-16   |               | U5-7         | 3-7 yrs     | U5-7         | 3-7 yrs       | U5-7            | 8-18 yrs      | 16.00          | U5-7         | 8-18 yrs                              | U5-7     | U9-18       | U8-16    |             |
| 16.00  |               | \$           | 9           |              |               | <b>(</b>        | ·             | 16.00          |              | <b>©</b>                              |          | (i)         | AFC.     |             |
| 16.30<br>16.30   |               |              | Y           | <b>③</b>     |               |                 |               | 16.30<br>16.30 | $\odot$      |                                       | $\odot$  |             |          |             |
| 16.30<br>17.00 U5-7  | U9-18         | U9-18        | 8-18 yrs    | U7-16        | 8-18 yrs      | U9-18           |               | 17.00          | U5-7         | U9-18                                 | U8-16    | Adult19+    | U9-18    | Adult19+    |
| 17.00  |               |              | 2 . 3 ,. 3  |              |               |                 |               | 17.00          | <b>(</b>     | 5. 10                                 | Elite    | &           |          | Č.          |
| 17.30  |               |              |             |              |               | $\odot$         |               | 17.30          |              |                                       |          | LADDER      |          | LADDER      |
| 17.00  |               | U7-16        |             | U9-18        | 110.10        | U7-16           |               | 17.30          | U9-18        |                                       |          | PLAY        | U5-7     | PLAY        |
| 10.00  |               |              |             |              | U9-18         |                 |               | 18.00<br>18.00 |              |                                       |          |             |          |             |
| 18.30 <b>Elite</b>   |               | Elite        |             | Elite        |               | Elite           |               | 18.30          | Elite        | <b>( )</b>                            | U5-9     |             | Elite    |             |
|  |               |              | T           | AFC.         |               |                 |               | 18.30          |              |                                       | Elite    |             | AFC)     |             |
| 18.30  | Adult19+<br>& | $\odot$      | U9-18       |              | Adult19+<br>& | <b>③</b>        |               | 19.00          | <b>③</b>     | Adult19+<br>&                         | Litte    |             |          |             |
| 19.00<br>19.30 U5-7  | LADDER        | U8-16        |             | U9-18        | LADDER        | U7-16           |               | 19.00          | U9-16        | LADDER                                |          |             | U5-7     |             |
| 19.30  |               |              |             |              | PLAY          |                 |               | 19.30<br>19.30 | 35           | PLAY                                  |          |             |          |             |
| 20.00  | PLAY          |              |             |              |               |                 |               | 20.00          |              | اللمثنايا                             | U9-18    |             |          |             |
| 20.00  |               |              |             |              |               |                 |               | 20.00          |              |                                       |          |             |          |             |
| 20.30  |               |              |             |              |               |                 |               | 20.30          |              |                                       |          |             |          |             |
| 21.00  |               |              |             |              |               |                 |               | 20.30          |              |                                       |          |             |          |             |
| 21.00  | Rackethall    | Futsal       | O Toppic    | Pickleball   | Elita         | to 90 min class |               | 21.00          |              |                                       |          |             |          |             |
| INDEX:   | Basketball    | rutsat       | Tennis      | Pickleball   | Elife: up t   | to 70 min class |               | 22.00          |              |                                       |          |             |          |             |

## **NEW PROGRAM CLASSIFICATION & PROGRESSION**





### **AEON MALL BSD C** +6221 3971 3777

### Fall Term Schedule Jul 21st until Oct 19th 2025 Adult19+ Only

## SCAN FOR E-SCHEDULE



| Time           | Мо     | nday         | Tue             | esday                        | Wedn                      | esday         | Thu    | rsday                                  | Fri                 | iday        | Satu   | ırday         | Sunday |               |  |
|----------------|--------|--------------|-----------------|------------------------------|---------------------------|---------------|--------|--|---------------------|-------------|--------|---------------|--------|---------------|--|
| Time           | Studio | Tennis & PB  | Studio          | Tennis & PB                  | Studio                    | Tennis & PB   | Studio | Tennis & PB                            | Studio              | Tennis & PB | Studio | Tennis & PB   | Studio | Tennis & PB   |  |
| 08.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 08.30<br>08.30 |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 09.00          |        |              |                 |                              |                           |               |        |  |                     |             |        | €<br>Adult19+ |        |               |  |
| 09.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 09.30          |        |              |                 |                              |                           |               |        |  |                     |             |        | MATCH         |        |               |  |
| 09.30          |        |              |                 |                              |                           |               |        |  |                     |             |        | PLAY          |        |               |  |
| 10.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 10.30          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 10.30          |        |              |                 | Adult19+                     |                           |               |        | Adult19+                               |                     |             |        |               |        |               |  |
| 11.00          |        |              |                 | _ & &                        |                           |               |        | ************************************** |                     |             |        |               |        |               |  |
| 11.00<br>11.30 |        |              |                 | LADDER                       | Danner                    |               |        | LADDER                                 |                     |             |        |               |        |               |  |
| 11.30          |        |              |                 |                              | <b>Barre+</b><br>Adult19+ |               |        |  |                     |             |        |               |        |               |  |
| 12.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 13.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 14.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 14.00<br>15.00 |        |              | 60 min of Dri   | lls and Technic              | que training,             | followed      |        |  |                     |             |        |               |        |               |  |
| 15.00          | SPOR   | TS CLASSES   | by Ladder Pla   |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 15.30<br>15.30 | PAD    |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 15.30          |        |              |                 | 60-minute mat                |                           |               |        |  |                     |             |        |               |        |               |  |
| 15.00<br>15.00 |        |              | winning/losir   | ng team moves                | s up/down th              | e laaaer.     |        |  |                     |             |        |               |        |               |  |
| 15.30          | (N/A)T | eн 👝         | l onger matc    | h play where ti              | he winnina/la             | osina team    |        |  |                     |             |        |               |        |               |  |
| 15.30          | IPLA   |              |                 | wn the ladder.               |                           |               | ue.    |  |                     |             |        |               |        |               |  |
| 16.00          |        | - 0          | 4               |                              |                           |               | _      |  |                     |             |        |               |        |               |  |
| 16.00          |        |              |                 | fusion of danc               | ce fitness and            | d PoundFit fo | r      |  |                     |             |        |               |        |               |  |
| 16.30<br>16.30 |        | KUCKUGIII    | a full-body w   | orkout.                      |                           |               |        |  |                     |             |        |               |        |               |  |
| 17.00          |        |              | A ballot inon   | ired fitness cla             | ree that blon             | do otropath   |        |  |                     |             |        | Adult19+<br>& |        | Adult19+<br>& |  |
| 17.00          |        | Barre+       | flexibility, an | ireu jiiriess cii<br>d arace | iss that bieth            | us strength,  |        |  | Dock law            |             |        | LADDER        |        | <b>NADDED</b> |  |
| 17.30          |        |              | nexibility, and | a grace.                     |                           |               |        |  | RockJam<br>Adult19+ |             |        |               |        |               |  |
| 17.30<br>18.00 |        |              |                 |                              |                           |               |        |  | 71441177            |             |        | الكثارا       |        |               |  |
| 18.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 18.30          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 18.30          |        | Adult19+     |                 |                              |                           | Adult19+      |        |  |                     | Adult19+    |        |               |        |               |  |
| 19.00<br>19.00 |        | _ &          |                 | +                            |                           | &             |        |  |                     | &           |        |               |        |               |  |
| 19.30          |        | LADDER       |                 |                              |                           | LADDER        |        |  |                     | LADDER      |        |               |        |               |  |
| 19.30          |        | PLAY         | )               |                              |                           | PLAY          |        |  |                     | PLAY        |        |               |        |               |  |
| 20.00          |        | التنتان      |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 20.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 20.30          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 21.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 21.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
| 22.00          |        |              |                 |                              |                           |               |        |  |                     |             |        |               |        |               |  |
|                | INDEX: | 💡 Tennis 🛭 🤨 | Pickleball      |                              |                           |               |        |  |                     |             |        |               |        |               |  |

### **NEW PROGRAM CLASSIFICATION & PROGRESSION**

### ADULT19+



















### Stills Leveling:

**CHAMPIONS** Advance Level

**CHALLENGERS** Intermediate Level

> **FUTURES Beginner Level**

DEVELOPMENTAL Introductory Level

#### **Tennis**

Fun racquet sport with elements of skill, strategy, & athleticism. Burn calories, improve fitness, enjoy friendly competition & have fun!

#### Pickleball

Dynamic paddle sport with elements of Tennis, Badminton & Ping pong. Connect with other members & enjoy friendly matches.

#### **Barret**

Unique & dynamic workout with elements of Ballet, Pilates & Strength training! Elevate your fitness routine & have fun!

#### RockJam

High-energy workout with elements of Zumba, PoundFit & Cardio. Tone your muscles & prepare your body for dance leveling program.

CHAMPIONSHIPS 🖈

Events&Competitions:



of arts performed in front of an audience.



Termly Competition where teams of

egual skill divisions compete against each other.

Ballet & Dance Leveling:

Developmental : Introduction level will help to discover your passion and potential.

**Futures** : Learn fundamentals & build a strong foundation.

Challengers : Elevate your skills, refined techniques & challenge yourself.

: Embark on a journey of artistry, mastering complex choreography & routines. Champions

Recital Adult19+ : Recital is a celebration of movement, creativity & dedication, where you will share your

passion with friends & family.

Sports Team's Divisions: 💡 🤊 🌀 🥹 🍣 🌱



Champions : Engage in high-intensity gameplay, strategic maneuvers & advanced techniques.

Challengers : Sharpen your skills, explore new tactics & enjoy friendly competitions.

: Dive into the game basics, build a strong foundation & be part of developmental team. **Futures** 

: Introduction level will help you ease into the game, discovering your passion and potential. Developmental