



**FOR PRESCHOOL & KINDERGARTEN CLASSES ARE AN ADDITIONAL FEE. PLEASE CONTACT STUDENT ADVISOR!**



AEON MALL BSD  
☎ +6221 3971 3777

Fall Term Schedule  
Jul 21<sup>st</sup> until Oct 19<sup>th</sup> 2025

SCAN FOR  
E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Time	Friday		Saturday		Sunday	
	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB		Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB
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INDEX: Basketball | Futsal | Tennis | Pickleball | **Elite** : up to 90 min class

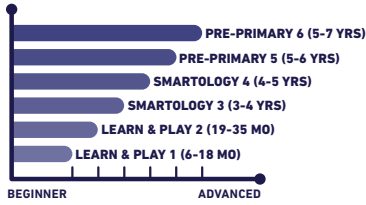
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

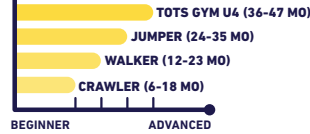
## EARLY CHILDHOOD EDUCATION



### NEW ACADEMIC



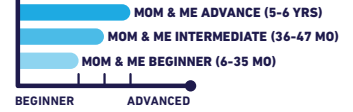
### GYMNASTICS



### DANCE



### SWIMMING



### BALLET



### YOGA



### MARTIAL ARTS



### MULTI-SPORTS

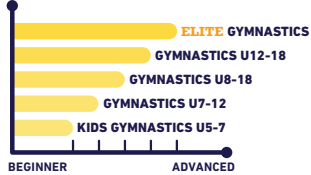


**5-18**  
YRS

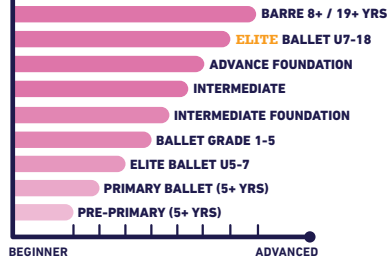
## ACTIVITY CLASSES



### GYMNASTICS



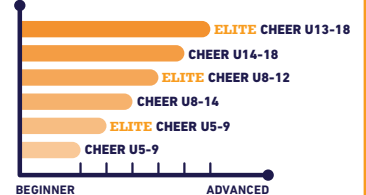
### BALLET



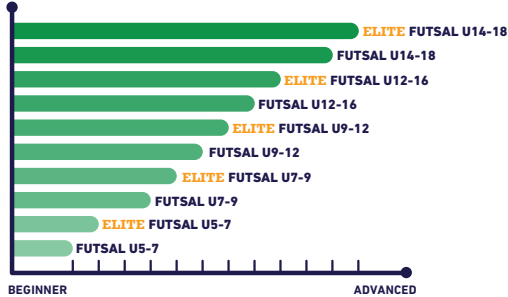
### MARTIAL ARTS



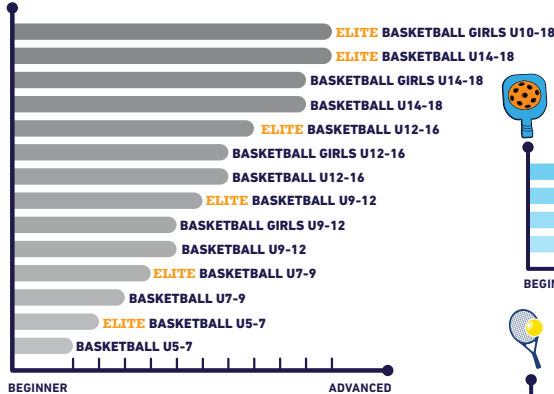
### CHEERLEADING



### FUTSAL



### BASKETBALL



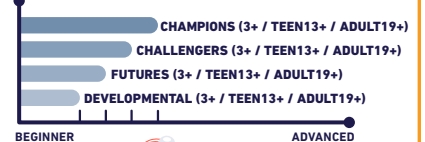
### SWIMMING



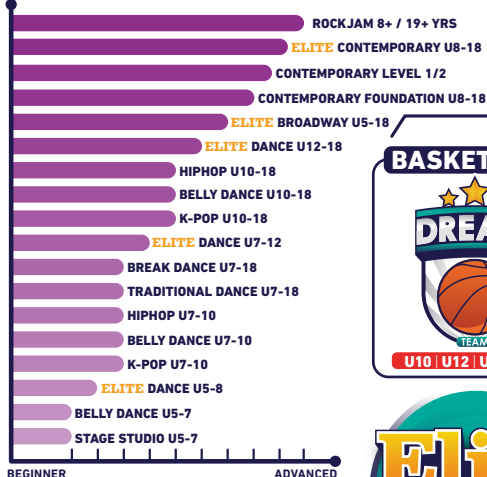
### PICKLEBALL



### TENNIS



### DANCE



**NEW**

### DREAM TEAM

#### BASKETBALL



U10 | U12 | U14 | U16

#### FUTSAL



U6 | U8 | U10 | U13

#### GYMNASTICS



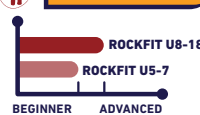
LEVEL 3-10



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



### ROCKFIT



### PING PONG



### YOGA



### PARKOUR





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**Fall Term Schedule**  
Jul 21<sup>st</sup> until Oct 19<sup>th</sup> 2025  
**Adult19+ Only**

**SCAN FOR  
E-SCHEDULE**



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
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**ADULT19+  
SPORTS CLASSES**

60 min of Drills and Technique training, followed by Ladder Play.

**LADDER  
PLAY**

Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder.

**MATCH  
PLAY**

Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.



**RockJam**

High-energy fusion of dance fitness and PoundFit for a full-body workout.



**Barre+**

A ballet-inspired fitness class that blends strength, flexibility, and grace.

INDEX:



Tennis

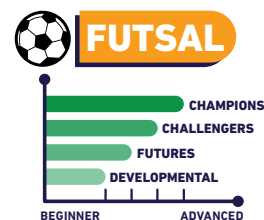
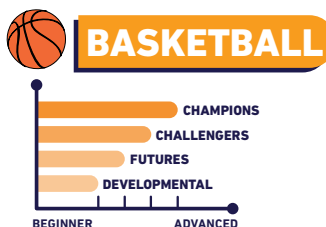
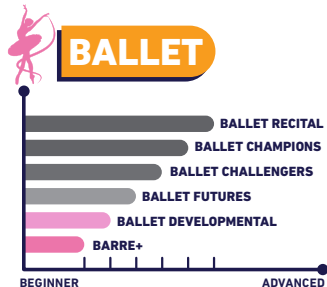
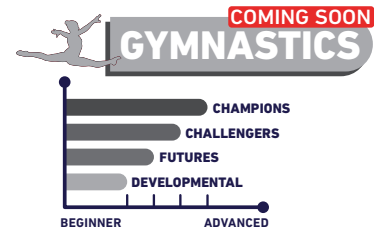
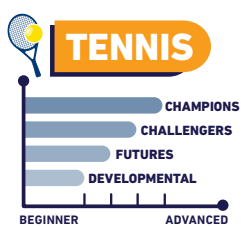


Pickleball



# NEW PROGRAM CLASSIFICATION & PROGRESSION

## ADULT19+



### 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.

### Barre+

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.

### Skills Leveling:

**CHAMPIONS**  
Advance Level

**CHALLENGERS**  
Intermediate Level

**FUTURES**  
Beginner Level

**DEVELOPMENTAL**  
Introductory Level

## Elite CHAMPIONSHIPS★

### Events & Competitions:



Termly Competition where teams of equal skill divisions compete against each other.

An Annual stage showcase featuring variety of arts performed in front of an audience.

## Dance Recital Ballet & Contemporary Recital

### 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.
- Champions** : Embark on a journey of artistry, mastering complex choreography & routines.
- 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.
- Futures** : Dive into the game basics, build a strong foundation & be part of developmental team.
- Developmental** : Introduction level will help you ease into the game, discovering your passion and potential.