



AEON MALL BSD
 ☎ +6221 3971 3777

Fall Term Schedule
 Jul 21st until Oct 19th 2025
 Updated Aug 18th

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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IMPORTANT NOTICE
 Do **NOT** transfer money to any RockStar Academy employee's personal account.

INDEX: Basketball | Futsal | Tennis | Pickleball | **Elite**: up to 90 min class

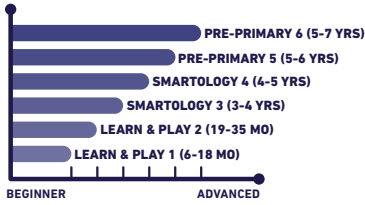
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

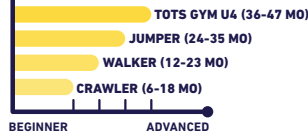
EARLY CHILDHOOD EDUCATION



NEW ACADEMIC



GYMNASTICS



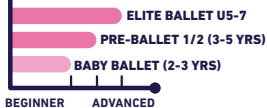
DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



MULTI-SPORTS

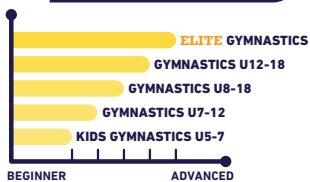


5-18
YRS

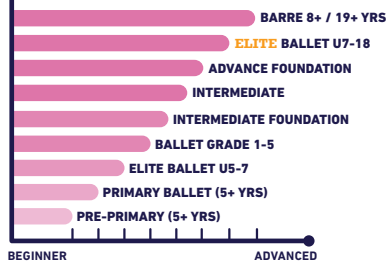
ACTIVITY CLASSES



GYMNASTICS



BALLET



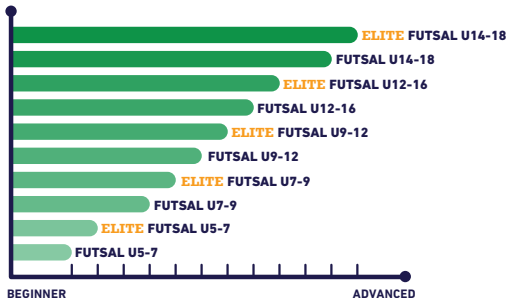
MARTIAL ARTS



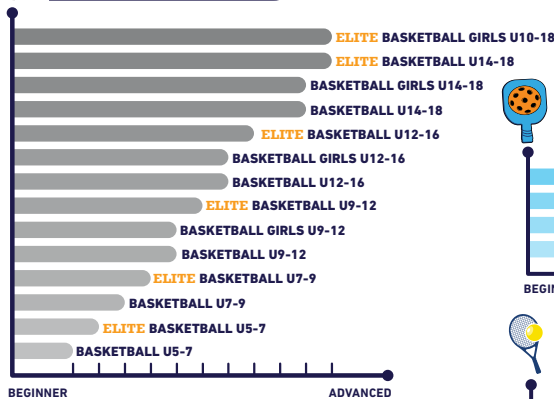
CHEERLEADING



FUTSAL



BASKETBALL



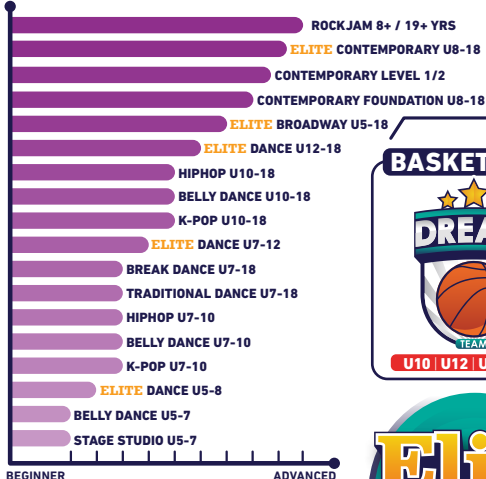
SWIMMING



PICKLEBALL



DANCE



NEW

DREAM TEAM

BASKETBALL



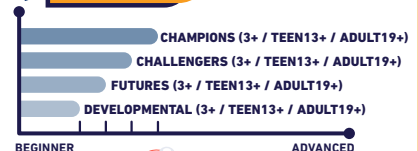
FUTSAL



GYMNASTICS



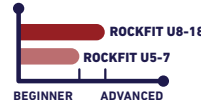
TENNIS



PING PONG



ROCKFIT



YOGA



PARKOUR



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



AEON MALL BSD
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Fall Term Schedule
 Jul 21st until Oct 19th 2025
Adult19+ Only

**SCAN FOR
 E-SCHEDULE**



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB
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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.

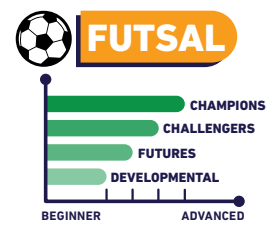
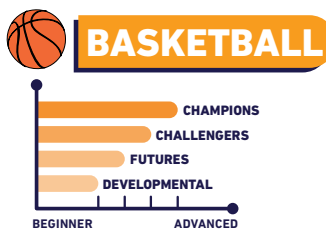
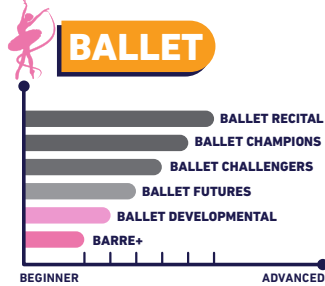
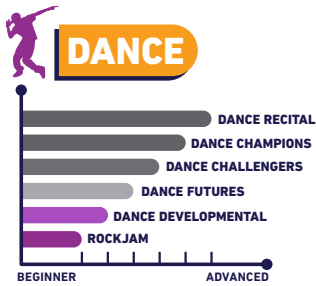
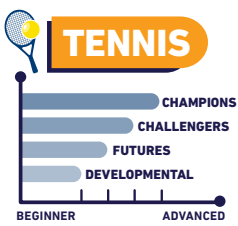
MATCH PLAY Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.

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.

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:



Dance Recital *Ballet & Contemporary*

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.

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.