



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



AEON MALL BSD

+6221 3971 3777

Fall Term Schedule

20th Jul until 18th Oct 2026

Updated 17th Aug

SCAN FOR E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Time	Friday		Saturday		Sunday	
	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball		Sports	Tennis & Pickleball	Sports	Tennis & Pickleball		
08.00	... Elite CHAMPIONSHIPS BASKETBALL FUTSAL PRESCHOOL & KINDERGARTEN GYMNASICS BABY GYM PICKLEBALL PINGPONG ADULT19+ PARKOUR								08.00						
08.30															
08.30															
09.00															
09.00															
09.30															
09.30															
10.00															
10.00			Sports U3	Adult19+ & LADDER PLAY			Adult19+ & LADDER PLAY								
10.30							Sports U3								
10.30															
11.00															
11.00															
11.30															
11.30															
12.00															
12.00															
12.30		Sports U3	Sports U3		Sports U3				Sports U3						
12.30															
13.00															
13.00	Sports U4/5	3-6 yrs		3-6 yrs			Sports U4/5		13.00	Sports U4/5					
13.30									13.30						
13.30									13.30						
14.00									14.00						
14.00	U5-7		U5-7	Sports U4/5	U5-9	Sports U4/5	U5-7	3-6 yrs	14.00		3-6 yrs	U5-7	3-6 yrs	U5-7	3-6 yrs
14.30									14.30						
14.30									14.30						
15.00									15.00		3-6 yrs	U9-18	7+ yrs	U5-7	7+ yrs
15.00	U5-7		U5-7	3-6 yrs	U5-7	3-6 yrs	U5-7	7+ yrs	15.00	U5-7	7+ yrs	U5-7	7+ yrs	U5-7	
15.30									15.30	U5-7	7+ yrs	U5-7	7+ yrs	U5-7	
15.30									15.30						
16.00	U8-16		U5-7	3-6 yrs	U5-7	3-6 yrs	U5-7	7+ yrs	16.00	U5-7	7+ yrs	U5-7	7+ yrs	U8-16	
16.00	U5-7	7+ yrs	U9-18	7+ yrs	U7-16	7+ yrs	U9-18		16.00	U5-7	7+ yrs	U8-16	Adult19+ & LADDER PLAY	U5-7	Adult19+ & LADDER PLAY
16.30									16.30	U5-7					
16.30									16.30						
17.00	U5-7				U9-18	7+ yrs	U7-16		17.00	U5-7		U8-16	Adult19+ & LADDER PLAY	U5-7	Adult19+ & LADDER PLAY
17.00	U9-18		U7-16		U9-18	7+ yrs	U7-16		17.00	U9-18		U5-9	Adult19+ & LADDER PLAY	U9-18	Adult19+ & LADDER PLAY
17.30									17.30						
17.30									17.30						
18.00	Elite		Elite		Elite		Elite		18.00	Elite	Adult19+ & LADDER PLAY			Elite	
18.30	U5-9		U8-16		U9-18		U7-16		18.30	U8-16	Adult19+ & LADDER PLAY			U9-18	
18.30		Adult19+ & LADDER PLAY				Adult19+ & LADDER PLAY			18.30						
19.00									19.00						
19.00									19.00						
19.30									19.30						
19.30									19.30						
20.00									20.00						
20.00									20.00						
20.30									20.30						
20.30									20.30						
21.00									21.00						
21.00									21.00						
22.00									22.00						
	INDEX:	Basketball	Futsal	Tennis	Pickleball	Elite : up to 90 min class									

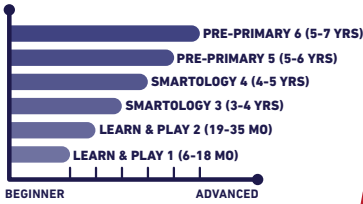
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

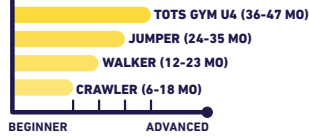
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



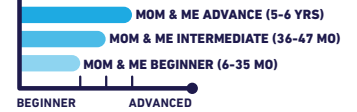
GYMNASTICS



DANCE



SWIMMING

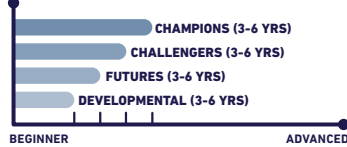


BALLET



NEW!

TENNIS



MARTIAL ARTS



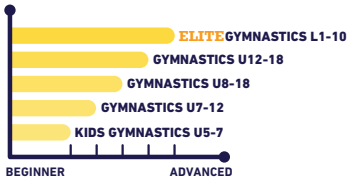
MULTI-SPORTS



5-18
YRS

ACTIVITY CLASSES

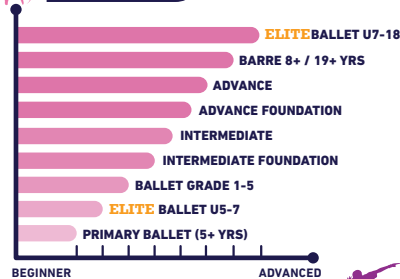
GYMNASTICS



SWIMMING



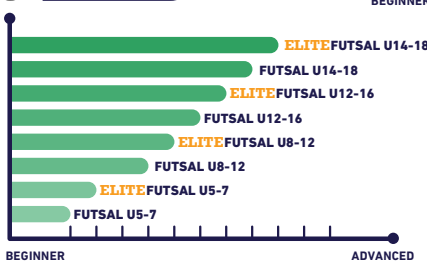
BALLET



CHEERLEADING



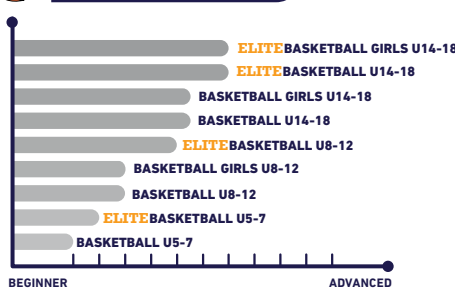
FUTSAL



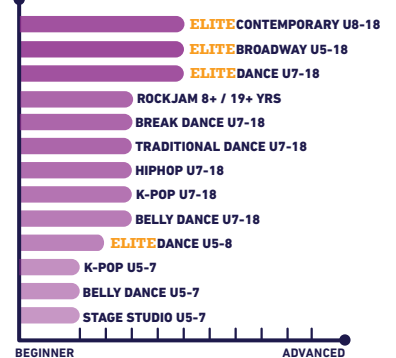
PARKOUR



BASKETBALL

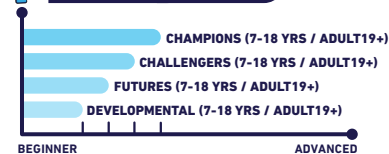


DANCE



NEW!

PICKLEBALL



NEW

DREAM TEAM

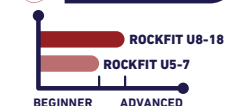


NEW!

PING PONG



ROCKFIT



MARTIAL ARTS



NEW!

TENNIS



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



AEON MALL BSD

+6221 3971 3777

Fall Term Schedule

20th Jul until 18th Oct 2026

ADULT19+

SCAN FOR
E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball
08.00														
08.30														
08.30														
09.00														
09.00														
09.30														
09.30														
10.00														
10.00														
10.30														
10.30														
11.00														
11.00														
11.30														
11.30														
12.00														
12.00														
13.00														
13.00														
14.00														
14.00														
14.30														
14.30														
15.00														
15.00														
15.30														
15.30														
16.00														
16.00														
16.30														
16.30														
17.00														
17.00														
17.30														
17.30														
18.00														
18.00														
18.30														
18.30														
19.00														
19.00														
19.30														
19.30														
20.00														
20.00														
20.30														
20.30														
21.00														
21.00														
21.30														
21.30														
21.30														
22.00														

ADULT19+ Free Trial

Parents of RockStar Students:
30 Days FREE

Guests & New Members:
7 Days FREE

INDEX:



Pickleball



RockJam
Adult19+

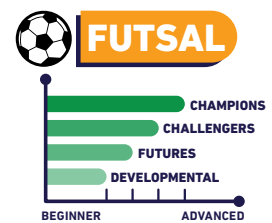
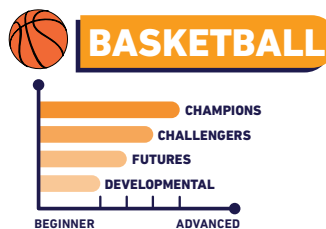
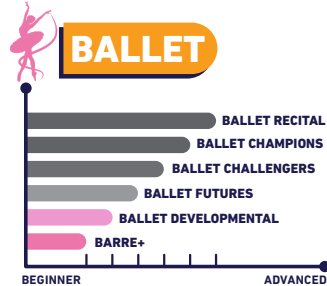
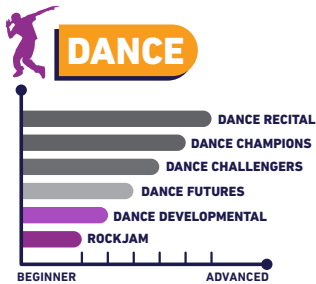
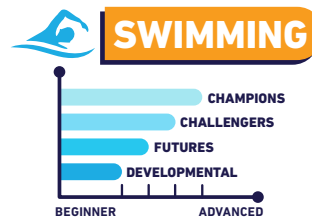
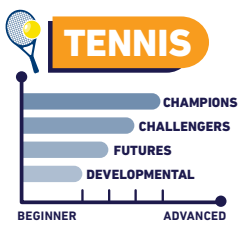


Muay Thai
Adult19+



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.