



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



AEON MALL BSD

+6221 3971 3777

Spring Term Schedule

19th Jan until 19th Apr 2026

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 | Sports | Tennis & Pickleball |
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| 08.30 | | | <div>PERFORMING ARTS Elite CHAMPIONSHIPS BASKETBALL FUTSAL Preschool & KINDERGARTEN GYMNASTICS BABY GYM PICKLEBALL FENG PONG ADULT 19+ PARKOUR</div> | | | | | | 08.30 | | | | | | |
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INDEX: Basketball Futsal Tennis Pickleball **Elite** : up to 90 min class

NEW PROGRAM CLASSIFICATION & PROGRESSION

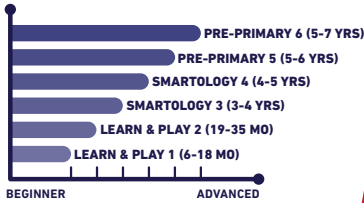
6-6
MO YRS

EARLY CHILDHOOD EDUCATION

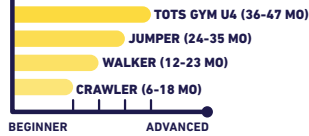


NEW!

ACADEMIC



GYMNASTICS



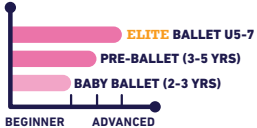
DANCE



SWIMMING

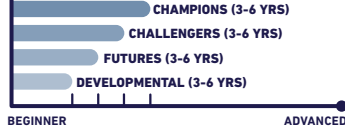


BALLET



NEW!

TENNIS



MARTIAL ARTS



MULTI-SPORTS

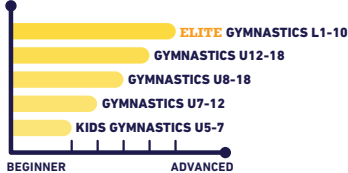


5-18
YRS

ACTIVITY CLASSES



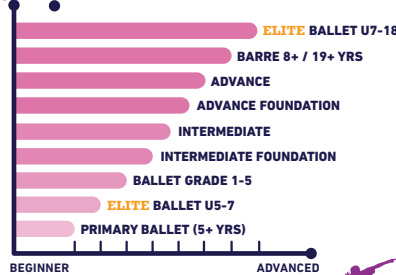
GYMNASTICS



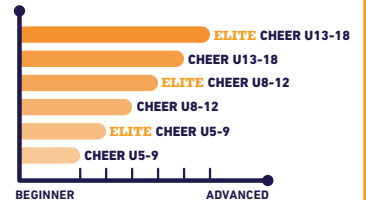
SWIMMING



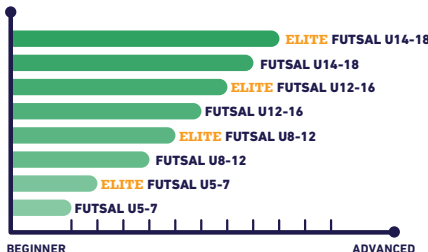
BALLET



CHEERLEADING



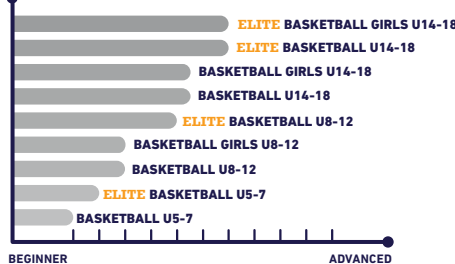
FUTSAL



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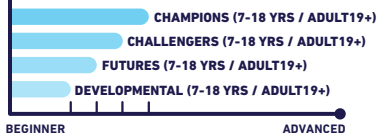


BASKETBALL



NEW!

PICKLEBALL

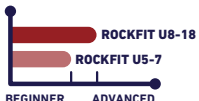


NEW!

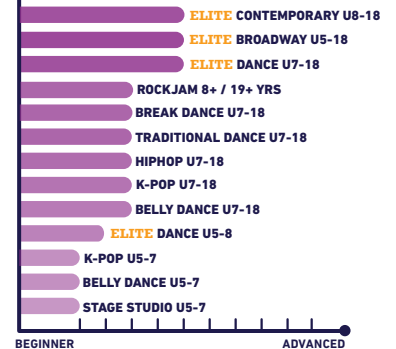
PING PONG



ROCKFIT



DANCE

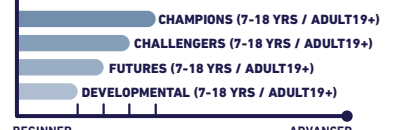


MARTIAL ARTS



NEW!

TENNIS



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



AEON MALL BSD

+6221 3971 3777

Spring Term Schedule

19th Jan until 19th Apr 2026

ADULT19+

SCAN FOR
E-SCHEDULE



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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.

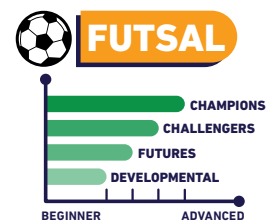
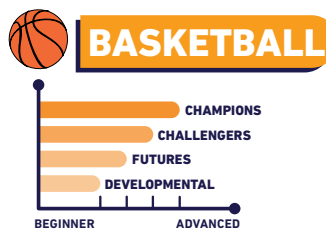
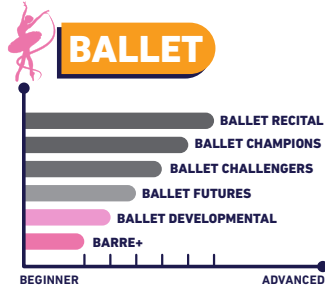
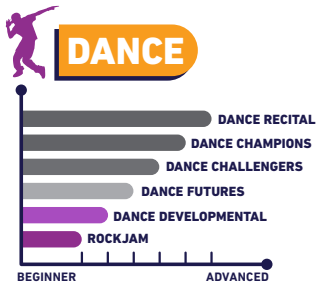
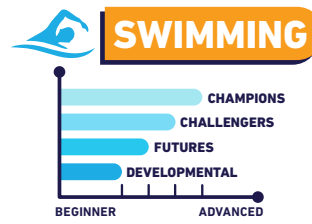
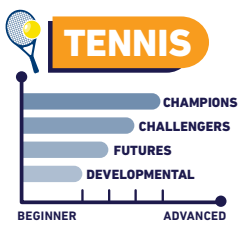
INDEX:



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.