





# AEON MALL BSD

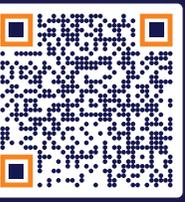
+6221 3971 3777

# Spring Term Schedule

19<sup>th</sup> Jan until 19<sup>th</sup> Apr 2026

Updated Feb 16<sup>th</sup>

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

Registration Opens  
**April 2026**

# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

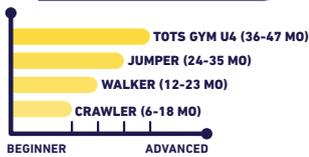
## EARLY CHILDHOOD EDUCATION

**NEW!**

### ACADEMIC



### GYMNASTICS



### DANCE



### SWIMMING



### BALLET



### TENNIS



### MARTIAL ARTS



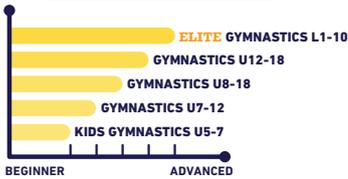
### MULTI-SPORTS



**5-18**  
YRS

## ACTIVITY CLASSES

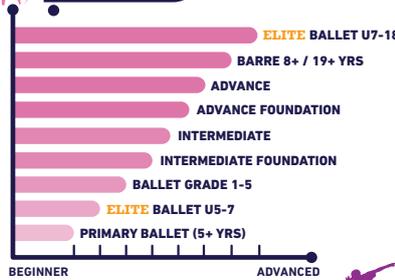
### GYMNASTICS



### SWIMMING



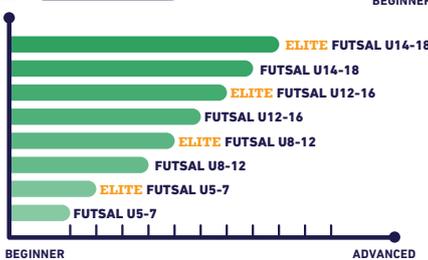
### BALLET



### CHEERLEADING



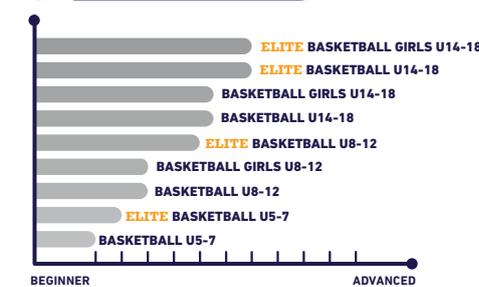
### FUTSAL



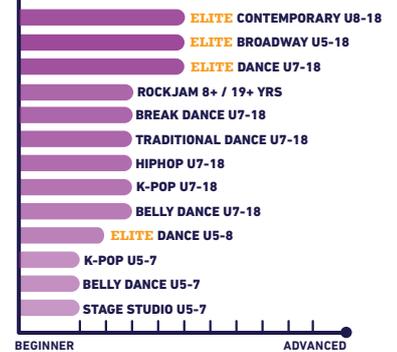
### PARKOUR



### BASKETBALL

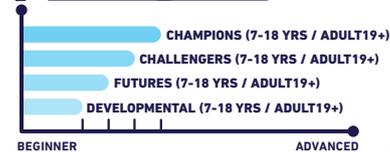


### DANCE



**NEW!**

### PICKLEBALL

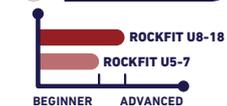


**NEW!**

### PING PONG



### ROCKFIT



### NEW DREAM TEAM

**BASKETBALL**

U10 | U12 | U14 | U16

**FUTSAL**

U6 | U8 | U10 | U13

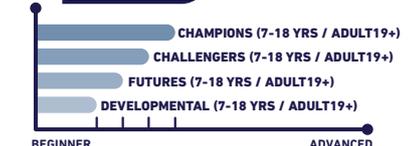
**GYMNASTICS**

LEVEL 3-10

### MARTIAL ARTS



### TENNIS



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



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Spring Term Schedule

19<sup>th</sup> Jan until 19<sup>th</sup> Apr 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
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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.

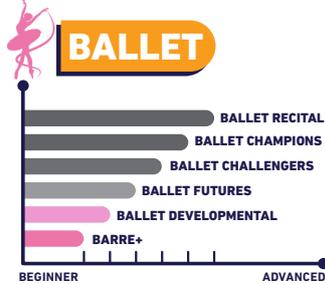
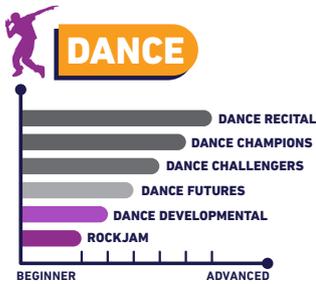
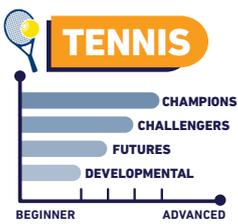
**RockJam** High-energy fusion of dance fitness and PoundFit for a full-body workout.

**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.