



AEON MALL BSD
 ☎ +6221 3971 3777

Summer Term Schedule
 Apr 21st until Jul 20th 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					
09.00									09.00	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>ENJOY FREE PLAY! Available in Sports Court whenever there are no classes or Private Instructions scheduled!</p> </div>										
09.30								09.30												
10.00								10.00												
10.30			Sports U3	Adult19+				10.30										Adult19+		
11.00								11.00												
11.30								11.30												
12.00								12.00												
12.30			Sports U3		Sports U3			12.30	Sports U3											
13.00								13.00					Elite							
13.30	Sports U4/5	3-7 yrs		3-7 yrs	Elite		Sports U4/5	13.30	Sports U4/5		U5-7	3-7 yrs	U5-7	3-7 yrs						
14.00	U5-7		U5-7	Sports U4/5	U5-7		U5-7	14.00		3-7 yrs	U9-18	8-18 yrs	U5-7	U9-18						
14.30								14.30		3-7 yrs	U9-18	8-18 yrs	U5-7							
15.00	U8-16		U5-7	3-7 yrs	U5-7	3-7 yrs	U5-7	15.00	U5-7	8-18 yrs	U5-7	U9-18	U8-16							
16.00	U5-7	U9-18	U9-18	8-18 yrs	U8-16	8-18 yrs	U9-18	16.00	U5-7	U9-18	U8-16	Adult19+	U9-18	Adult19+						
16.30								16.30												
17.00	U9-18		U7-16		U9-18	U9-18	U7-16	17.00	U9-18		Elite		U5-7	LADDER Adult19+ PLAY						
17.30								17.30			U5-9									
18.00	Elite	Adult19+	Elite	U9-18	Elite	Adult19+	Elite	18.00	Elite	Adult19+	Elite		Elite							
18.30	U5-7		U9-16		U9-18		U7-16	18.30	U9-16		U9-18		U5-7							
19.00								19.00												
19.30								19.30												
20.00								20.00												
20.30								20.30												
21.00								21.00												
21.30								21.30												
22.00								22.00												



**REGISTRATION OPENS
 APRIL 2025**

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

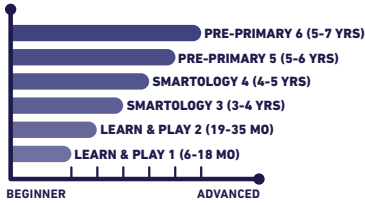
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

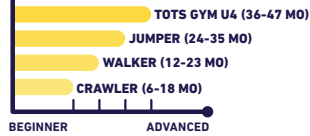
EARLY CHILDHOOD EDUCATION



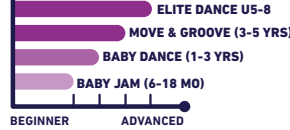
NEW ACADEMIC



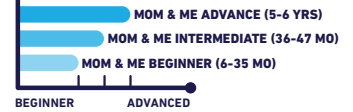
GYMNASTICS



DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



MULTI-SPORTS

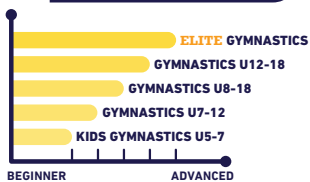


5-18
YRS

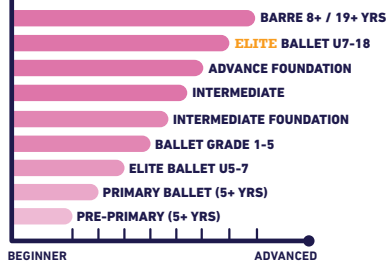
ACTIVITY CLASSES



GYMNASTICS



BALLET



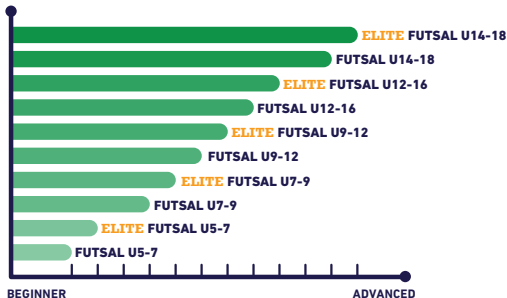
MARTIAL ARTS



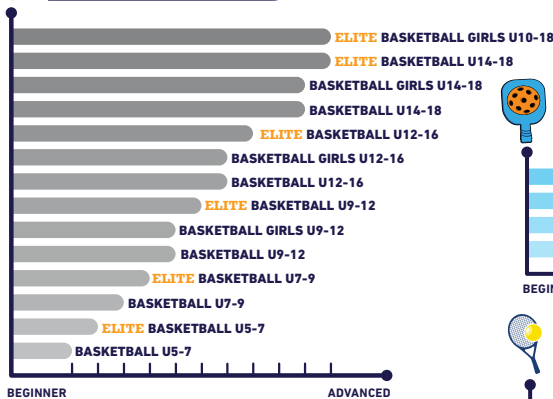
CHEERLEADING



FUTSAL



BASKETBALL



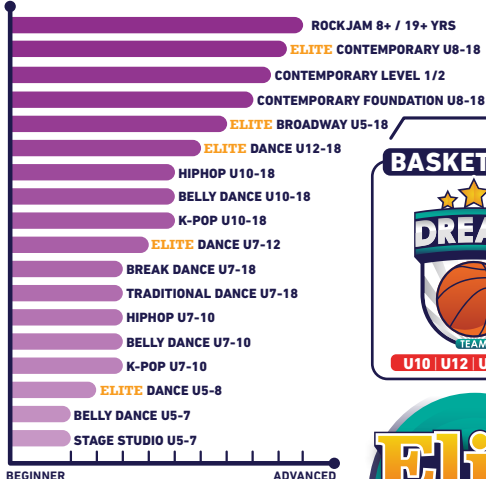
SWIMMING



PICKLEBALL



DANCE



NEW

DREAM TEAM

BASKETBALL

U10 | U12 | U14 | U16

FUTSAL

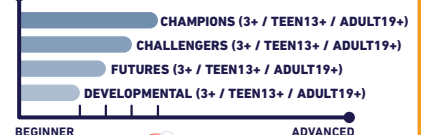
U6 | U8 | U10 | U13

GYMNASTICS

LEVEL 3-10



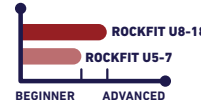
TENNIS



PING PONG



ROCKFIT



YOGA



PARKOUR



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



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Summer Term Schedule
 Apr 21st until Jul 20th 2025
Adult 19+ 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
09.00														
09.30														
09.30														
10.00														
10.00														
10.30				Adult19+				Adult19+				Adult19+		
11.00														
11.00				FREE PLAY				FREE PLAY				FREE PLAY		
11.30						Barre+ Adult19+								
11.30				FREE PLAY				FREE PLAY				FREE PLAY		
12.00														
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16.00														
16.00														
16.30														
16.30												Adult19+		Adult19+
17.00														
17.00												Adult19+		Adult19+
17.30														
17.30										RockJam Adult19+		FREE PLAY		Adult19+ LADDER PLAY
18.00														
18.00														
18.30		Adult19+					Adult19+			Adult19+				
18.30														
19.00		FREE PLAY					FREE PLAY			FREE PLAY				
19.00														
19.30														
19.30		FREE PLAY					FREE PLAY			FREE PLAY				
20.00														
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21.00														
21.00														
22.00														

NEW! Elite CHAMPIONSHIPS ADULT19+

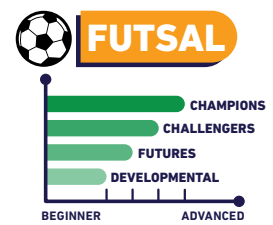
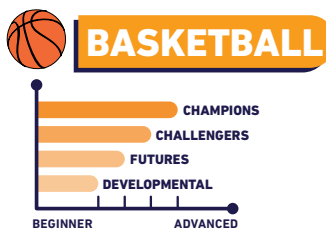
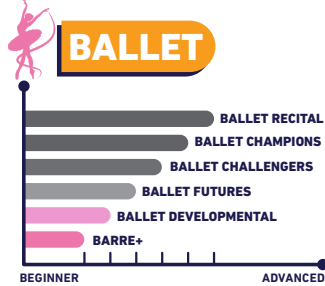
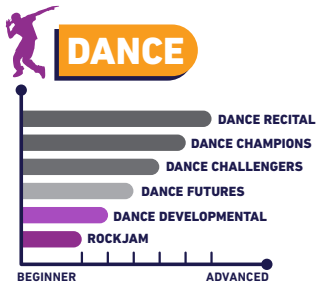
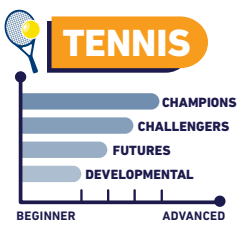
REGISTRATION OPENS 1ST APRIL 2025

60 Min Class Ladder Play for ADULT19+

An extension of regular classes, emphasizing competitive gameplay and strategic skill development.

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.