

# **AEON MALL BSD ©** +6221 3971 3777

# Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

# SCAN FOR E-SCHEDULE



**Updated Nov 17**<sup>th</sup>

		Mon	day		Tuesday				Wednesday			Thursday			Friday			Saturday			Sunday							
Time 08.00	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3
08.00 - 08.30																							0 -		(DED	EODN	IINGA	DTC.
08.30																					i 7 5	닏ㅁ	MY F				II OFU	
09.00 09.00																					ש ל וב	<u> </u>	ֈֈֈ		V 100		NDERGA	
09.30			ne)				Primary	&PLAY			<b>a</b> re				<del>-</del> ne	&PLAY			<b>⊜</b> re		/CH	AMPIC	IH2M	DS X			PICKLE	
09.30			rimary 5&6				rimary 5&6	1			Primary 5 & 6				Primary	<b>1</b> 6-18 mo			rimary 5&6		7 0111	AMILE	жели	7.	GIMIN	ASIACS	PICKLE	BALL
10.00 10.00								6-18 mo				IEADXI			5&6				0.00									
10.30	Jumper 24-35		5-7 yrs		Crawler 6-18	Baby Dance	5-7 yrs	&PLAY 2	Walker	Baby Dance	5-7 yrs	LEARN &PLAY	Crawler 6-18	Baby Dance	5-7 yrs	<b>APLAY</b>	Jumper 24-35		5-7 yrs		Jumper				Crawler 6-18			
10.30 11.00	mo				mo	1-3 yrs		2 19-35 mo		1-3 yrs		<b>2</b> 19-35 mo	mo	1-3 yrs		<b>2</b> 19-35 mo	mo	1-3 yrs				Dance 1-3 yrs			mo			
11.00	<b>I</b>	Dahu	SMART	SMART	1	Dalass	SMART	SMART	<u> </u>	Dalass	SMART	17 00 1110	lumnor	Baby	SMART				SMART	SMART	\A/- II	-			\A/= II. = =		Baby	
11.30	USA	Baby Dance	OLOGY 4	OLOGY	Jumper 24-35	Baby Dance	SMART OLOGY 4	OLOGY	USA	Baby Dance	OLOGY 4		Jumper 24-35	Jam 4 1 0	OLOGY 4	SMART OLOGY 3	Walker 12-23	Baby Dance	OLOGY 4		Walker 12-23	Baby Dance			Walker 12-23		Jam 4 10	
11.30 12.00	U4	1-3 yrs	4-5 yrs	3-4 yrs	mo	1-3 yrs	4-5 yrs	3-4 yrs	U4	1-3 yrs	4-5 yrs		mo	6-18 mo		3-4 yrs		4 0		3-4 yrs	mo	1-3 yrs			mo		6-18 mo	
12.00	<b>L</b>		SMART		Walker	Baby	SMART	LEARN	- le		SMART	LEARN	Walker	Baby		LEARN			SMART	Move&				P-Ballet			Baby	
12.30 12.30	USA		OLOGY 3		12-23	#	OLOGY 3	&PLAY	USA		OLOGY 3	&PLAY	12-23	Dance		&PLAY			OLOGY 3	Groove			Sports U3	· 🕌			Dance -	
13.00	U5-7		3-4 yrs		mo	2-3 yrs	3-4 yrs		U5-7		-	19-35 mo	mo	1-3 yrs		19-35 mo			3-4 yrs	3-5 yrs				3-5 yrs			1-3 yrs	
13.00	Walker	Baby			Jumper			P-Ballet	Walker	Baby		Baby	Jumper				Jumper				USA	Sports		Baby	Jumper		Move&	
13.30 13.30		Dance	Primary		24-35 mo		Primary	テー		Dance 1-3 yrs	Primary	テ	24-35		Primary		24-35		Primary		USA	U4/5		<b>┤</b> 🐓	24-35		Groove - 3-5 yrs	
14.00	mo	1-3 yrs	5&6		1110		5&6	3-5 yrs	mo	1-3 yıs	5&6	2-3 yrs	mo		5&6		mo		5&6	INEW	U4			2-3 yrs	mo		3-5 yrs	
14.00 14.30	Jumper		5-7 yrs		USA		5-7 yrs	Primary	Jumper	Martial	5-7 yrs	Sports			5-7 yrs		USA	RockFit	5-7 yrs	Ballet	USA		Move&		USA		Sports	
14.30		Groove 3-5 yrs						_ <b>7</b>	24-35 mo	Arts 4-7 yrs		Ú4/5			1	Groove 3-5 yrs		U5-7		Adult19+			Groove 3-5 yrs	-l /\			U3	
15.00 15.00	1110	0 0 310		_	U4			5+ yrs	1	,		P-Ballet	1.				1			Elite	U5-7		_	5+ yrs	1		$\rightarrow$	
15.30	USA	Martial Arts		-	USA		Move& Groove		USA	Muay Thai		<b>L</b>	USA			Stage Studio	USA		Move& Groove	12/	USA	Muay Thai	Stage Studio		USA	Muay Thai	Stage Studio -	
15.30	U4	4-7 yrs		U5-9	U5-7		3-5 yrs		U4	6+ yrs		7	U4			U5-7	U5-7		3-5 yrs		U8-18	6+ yrs		Gr.1-5	U8-18	6+ yrs	U5-7	
16.00 16.00				U0-9 •	1		Chama					3-5 yrs Primary	1						Stage	NEW	00-10			(Skill dep.	1	_		
16.30	USA	Muay Thai		20	USA		Stage Studio		USA		Move& Groove	1	USA	Martial Arts	I VOCINI II		USA	Martial Arts	Studio			Martial Arts	н-нор		AZU	Poom-		
16.30 17.00	U5-7	6+ yrs		U8-18	U8-18		U5-7		U5-7		3-5 yrs		U5-7	4-7 yrs	07-18	U7-18	U8-18	4-7 yrs	U5-7	Gr.17 (Skill dep.)		4-7 yrs	U7-18	Founda- tion & L1 U8-18	U5-7	6+ yrs		
17.00	1	Tkd	Stage	Elite	Elite		Elite			Tkd.		Elite	<b>I</b>	Muay			Elite	Tkd.	Rock				Elite	Elite	1 .	Tkd.		
17.30 17.30	USA		Studio	•			The same		USA	. 🛮 - 📗		•	USA	Thai	RockFit U5-7	-	<b>L</b>		Jam		Parkour 7+ yrs		12	and the		│	$\rightarrow$	
18.00	U8-18	6+ yrs	U5-7	-					U8-18	6+ yrs		-	U8-18	6+ yrs	NEW		2	6+ yrs	Adult19+		, ,		I T			6+ yrs		
18.00	Elite			U5-9			U8-18		D . I	Elite		U8-18			Elite						Elite		115 10	U8-18				
18.30 18.30	USA						00-10		Parkour 7+ yrs												*		03-16	06-16	_			
19.00															<b>K</b> U5-8													
19.00 19.30										6+ yrs																		
19.30																												
20.00																												
20.30																												
20.30		PRE	SCHOOL	L: LEAF	N&PL/	AY1	LEARN &	PLAY2	2 SM/	<b>RT</b> OLO	GY3	SMART	OLOGY	4 K	CINDERG	ARTEN	: Prim	ary 5	Prim	ary 6				? =			NO	VVB
21.00	INDEX	USA	Gymnas	stics	⊶ Cheer	leading	🕌 Ball	et 🚄	Conten	nporary [	Dance	Broady	wav 🧳	Dance	<b>₩</b> Ta	ekwondo		e : up to	90 min a	class						عرجت		
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### Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

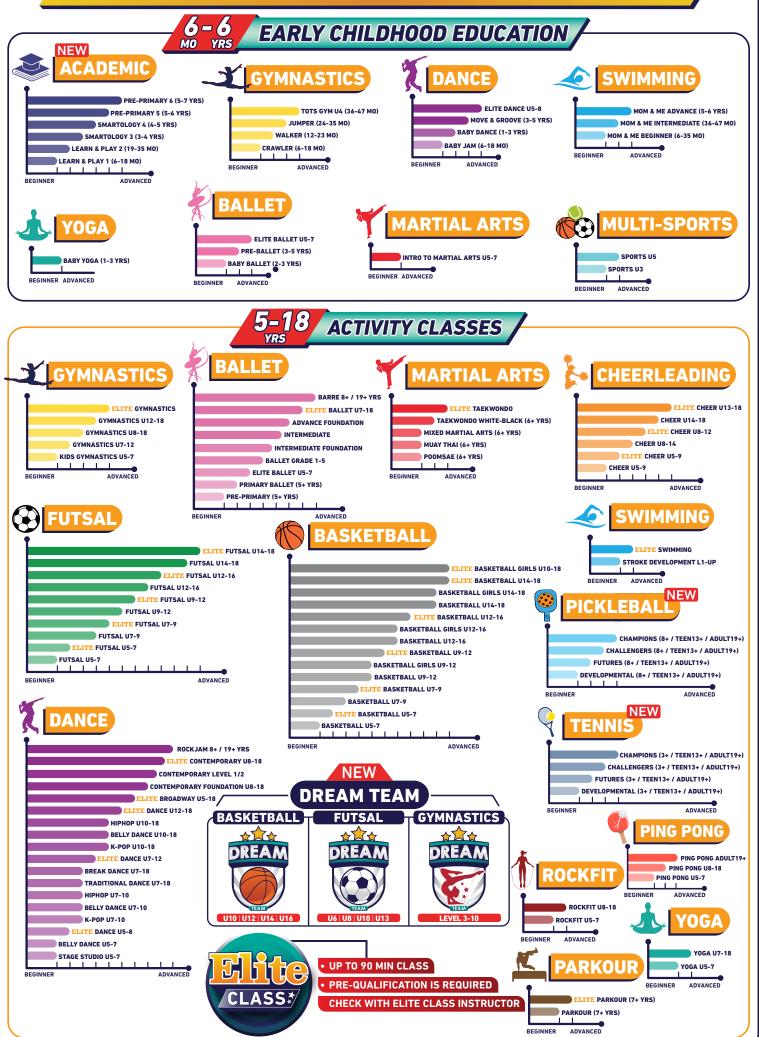
SCAN FOR E-SCHEDULE



Updated Nov 17<sup>th</sup>

					- Puntou Hor-17											
Time		nday		sday	Wednesday		Thursday Ti				day		ırday	Sunday		
08.00	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB	7ime 08.00	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB	
08.30		<u> </u>	OFD CODE	All IC A DTC					08.30							
08.30	ו ורש ו ו	47		MING ARTS					08.30				1 🏸 i			
09.00			BASKETBALL PEUTSAL						09.00				Adult19+			
09.00			Preschool & KINDERGARTEN						09.00				MATCH			
09.30 09.30	CHAMPIONSHIPS *		GMNASTICS PICKLEBALL®						09.30 09.30				PLAY			
10.00			GIVINASTACS PICKLEBALLS						10.00							
10.00									10.00							
10.30			Sports						10.30							
10.30			U3	Adult19+				Adult19+	10.30							
11.00 11.00				& -				&	11.00 11.00							
11.30				LADDER			Sports	LADDER	11.30							
11.30				PLAY			Sports U3	PLAY	11.30			Elite				
12.00 12.00									12.00 12.00							
12.30			Sports		Sports				12.00	Sports						
12.30			U3		U3				12.30	U3		_		Elite		
13.00									13.00			U5-7				
13.00	Consta						Constant		13.00	Sports		aff		<b>③</b>		
13.30 13.30	Sports U4/5	Y		Y			Sports U4/5		13.30 13.30	U4/5					Y	
14.00	0.,0	3-7 yrs		3-7 yrs	Elite		0 ., 0		14.00			U5-7	3-7 yrs	U5-7	3-7 yrs	
14.00			46				SE		14.00			<b>S</b>			<b>©</b>	
14.30 14.30			<b>(5)</b>	Sports	<b>③</b>				14.30 14.30		7		7			
15.00	U5-7		U5-7	Ú4/5	U5-9		U5-7	3-7 yrs	15.00		3-7 yrs	U9-18	8-18 yrs	U5-7	U9-18	
15.00					<b>(</b>				15.00	16					37.13	
15.30	<b>③</b>		$\odot$			G	$\odot$	9	15.30							
15.30 16.00	U8-16		U5-7	3-7 yrs	U5-7	3-7 yrs	U5-7	8-18 yrs	15.30 16.00	U5-7	8-18 yrs	U5-7	U9-18	U8-16		
16.00				3-7 yrs				0-10 yrs	16.00							
16.30									16.30	<b>③</b>						
16.30		110.10	_	1		1			16.30	U5-7	T		Adult19+	U5-7	Adult19+	
17.00 17.00	U5-7	U9-18	U9-18	8-18 yrs	U7-16	8-18 yrs	U9-18		17.00		U9-18	U8-16	- & -		&	
17.00			$\odot$				$\odot$		17.00 17.30			Elite	LADDER		LADDER	
17.30	_								17.30				PLAY		PLAY	
18.00	U9-18		U7-16		U9-18	U9-18	U7-16		18.00	U9-18			اللحسان	U9-18		
18.00 18.30	Elite	<b>(3)</b>	Elite		<b>Elite</b>	<b>(</b>	Elite		18.00 18.30	Elite	(i)	U5-9		<b>Elite</b>		
18.30									18.30							
19.00		Adult19+	$\odot$	U9-18		Adult19+ &	$\odot$		19.00	<b>②</b>	Adult19+					
19.00	U5-7	LADDER	U8-16		U9-18	LADDER	U7-16		19.00	U8-16	LADDER			U9-18		
19.30 19.30	03-7		00-10		07-10		0, 10		19.30 19.30	00-16				07.10		
20.00		PLAY				PLAY			20.00		PLAY					
20.00									20.00							
20.30									20.30							
20.30 21.00									20.30 - 21.00					<b>ि</b> जन	Mayvii	
21.00	INDEX M	D	Ø I	( Tan 1 (	D:-1	Trises			21.00					المحالات	NOW!	
22.00	INDEX:	Basketball	Futsal	Tennis	Pickleball	Elite : up	o 90 min class		22.00							

## **NEW PROGRAM CLASSIFICATION & PROGRESSION**





Tennis

Pickleball

# AEON MALL BSD \$\&\circ\$ +6221 3971 3777

### Winter Term Schedule 20<sup>th</sup> Oct 2025 until 18<sup>th</sup> Jan 2026 Adult19+ Only

SCAN FOR E-SCHEDULE



[	Mo	nday	Tue	sday	Wedn	nesday	Thu	rsday	Fri	iday	Satu	rday	Sunday		
Time	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	
08.00			ĺ												
08.30															
08.30												A Juliano.			
09.00 09.00												Adult19+			
09.30												MATCH			
09.30												PLAY			
10.00															
10.00															
10.30															
11.00				Adult19+				Adult19+							
11.00				. &				&							
11.30				LADDER				LADDER							
11.30				PLAY											
12.00				صحت											
13.00															
13.00															
14.00				ls and Techni	que training,	followed			NEW						
14.00	SPORI	S CLASSES I	by Ladder Pla	ıy.											
14.30 14.30	LADI	DER)	Fact-paced 6	0-minute ma	toh plav who	ro the			Ballet						
15.00	PLA			g team move:					Adult19+						
15.00			wirining, 100ii	g team move.	з аруаотт сп	e ladaer.									
15.30	MAT	CHI 🙉 🛚 🛚 🗓	Longer matcl	n play where t	he winning/l	osing team									
15.30	TPĽĀ	Y S	noves up/do	wn the ladder	. Bring your f	riend/colleag	ue.								
16.00		- 0			/		_								
16.30					ce fitness an	d PoundFit fo	r								
16.30		Rockodin (	a full-body w	orkout.											
17.00			A ballot inoni	red fitness clo	ace that blon	de etropath						Adult19+ &		Adult19+	
17.00		Barre+	flexibility, and	reu jilliess cit Larace	นธร เกนเ มเยก	us strength,			Do-t-low-			LADDER			
17.30		,	lexibility, und	r gruce.					RockJam Adult19+						
17.30									Additive						
18.00 18.00															
18.30															
18.30		Adult19+				Adult19+				Adult19+					
19.00		<b>.</b>				&				. &					
19.00		LADDER				LADDER				LADDER					
19.30 19.30		DIVAV				DIVAV				DIAV					
20.00															
20.00															
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20.30															
21.00															
22.00															
22.00															

## **NEW PROGRAM CLASSIFICATION & PROGRESSION**

### ADULT19+



















### 

**CHAMPIONS** Advance Level

**CHALLENGERS** Intermediate Level

> **FUTURES Beginner Level**

DEVELOPMENTAL Introductory Level

#### **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.

#### **Barret**

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.

Events&Competitions:









An Annual stage showcase featuring variety of arts performed in front of an audience.

#### Ballet & Dance Leveling:

Termly Competition where teams of



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.

: Embark on a journey of artistry, mastering complex choreography & routines. **Champions** 

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.

: Dive into the game basics, build a strong foundation & be part of developmental team. **Futures** 

: Introduction level will help you ease into the game, discovering your passion and potential. Developmental