



AEON MALL BSD

+6221 3971 3777

Winter Term Schedule

20th Oct 2025 until 18th Jan 2026

Updated Nov 17th

SCAN FOR E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday															
	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																					Elite CHAMPIONSHIPS PERFORMING ARTS BASKETBALL FUTSAL Preschool & KINDERGARTEN GIMNASTICS PICKLEBALL																			
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10.30	Jumper 24-35 mo				Crawler 6-18 mo	Baby Dance 1-3 yrs			Walker 12-23 mo	Baby Dance 1-3 yrs			Crawler 6-18 mo	Baby Dance 1-3 yrs			Jumper 24-35 mo	Baby Dance 1-3 yrs			Jumper 24-35 mo	Baby Dance 1-3 yrs			Crawler 6-18 mo															
11.00																																								
11.00	Baby Dance U4	SMART OLOGY 4 4-5 yrs	SMART OLOGY 3 3-4 yrs		Jumper 24-35 mo	Baby Dance 1-3 yrs	SMART OLOGY 4 4-5 yrs	SMART OLOGY 3 3-4 yrs	Baby Dance U4	Baby Dance 1-3 yrs	SMART OLOGY 4 4-5 yrs		Jumper 24-35 mo	Baby Jam 6-18 mo	SMART OLOGY 4 4-5 yrs	SMART OLOGY 3 3-4 yrs	Walker 12-23 mo	Baby Dance 1-3 yrs	SMART OLOGY 4 4-5 yrs	SMART OLOGY 3 3-4 yrs	Walker 12-23 mo	Baby Dance 1-3 yrs		Walker 12-23 mo			Baby Jam 6-18 mo													
11.30																																								
12.00																																								
12.00	U5-7				Walker 12-23 mo	Baby 2-3 yrs	SMART OLOGY 3 3-4 yrs	LEARN & PLAY 2 19-35 mo	U5-7		SMART OLOGY 3 3-4 yrs	LEARN & PLAY 2 19-35 mo	Walker 12-23 mo	Baby Dance 1-3 yrs		LEARN & PLAY 2 19-35 mo				SMART OLOGY 3 3-4 yrs	Move& Groove 3-5 yrs			Sports U3	P-Ballet 3-5 yrs		Baby Dance 1-3 yrs													
12.30																																								
12.30																																								
13.00																																								
13.00	Walker 12-23 mo	Baby Dance 1-3 yrs			Jumper 24-35 mo				Walker 12-23 mo	Baby Dance 1-3 yrs			Jumper 24-35 mo				Jumper 24-35 mo																							
13.30																																								
14.00																																								
14.00	Jumper 24-35 mo	Move& Groove 3-5 yrs							Jumper 24-35 mo	Martial Arts 4-7 yrs			Sports U4/5				Move& Groove 3-5 yrs																							
14.30																																								
14.30																																								
15.00																																								
15.00	U4	Martial Arts 4-7 yrs			U5-7				U4	Muay Thai 6+ yrs			P-Ballet 3-5 yrs	U4			Stage Studio U5-7	U5-7			Move& Groove 3-5 yrs	Elite U5-7	U8-18	Muay Thai 6+ yrs	Stage Studio U5-7	U8-18	Muay Thai 6+ yrs	Stage Studio U5-7												
15.30																																								
16.00																																								
16.00	U5-7	Muay Thai 6+ yrs			U8-18	U8-18			U5-7				U5-7	Martial Arts 4-7 yrs	RockFit U7-18	K-Pop U7-18	U8-18	Martial Arts 4-7 yrs	Stage Studio U5-7	NEW Gr.1 (Skill dep.)			Martial Arts 4-7 yrs	H-Hop U7-18	Foundation & L1 U8-18	U5-7	Poom-sae 6+ yrs													
16.30																																								
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17.00	U8-18	Tkd. 6+ yrs	Stage Studio U5-7		Elite U5-9	Elite U8-18			U8-18	Tkd. 6+ yrs			Elite U8-18	U8-18	Muay Thai 6+ yrs	RockFit U5-7		Elite U8-18	Tkd. 6+ yrs	Rock Jam Adult19+			Parkour 7+ yrs	Elite U5-18	Elite U8-18		Tkd. 6+ yrs													
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18.00	Elite																																							
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18.30	U5-9																																							
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INDEX:

Gymnastics

Cheerleading

Ballet

Contemporary Dance

Broadway

Dance

Taekwondo

Elite : up to 90 min class

REGISTER NOW!

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



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Winter Term Schedule

20th Oct 2025 until 18th Jan 2026

Updated Nov 17th

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
08.00	Elite CHAMPIONSHIPS PERFORMING ARTS BASKETBALL FUTSAL PRESCHOOL & KINDERGARTEN GYMNASTICS PICKLEBALL								08.00						
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INDEX: Basketball Futsal Tennis Pickleball **Elite** : up to 90 min class

REGISTER NOW!

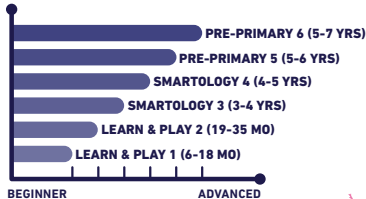
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

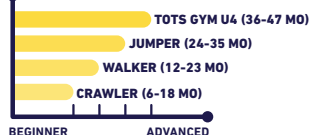
EARLY CHILDHOOD EDUCATION



NEW ACADEMIC



GYMNASTICS



DANCE



SWIMMING



YOGA



BALLET



MARTIAL ARTS



MULTI-SPORTS

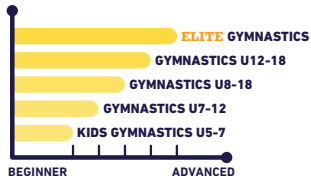


5-18
YRS

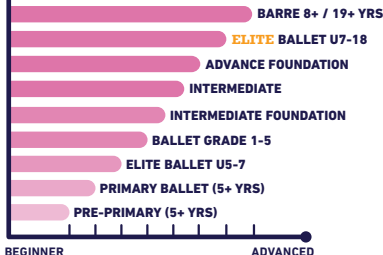
ACTIVITY CLASSES



GYMNASTICS



BALLET



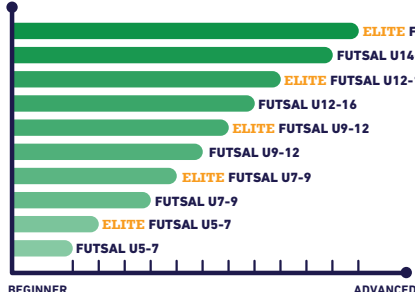
MARTIAL ARTS



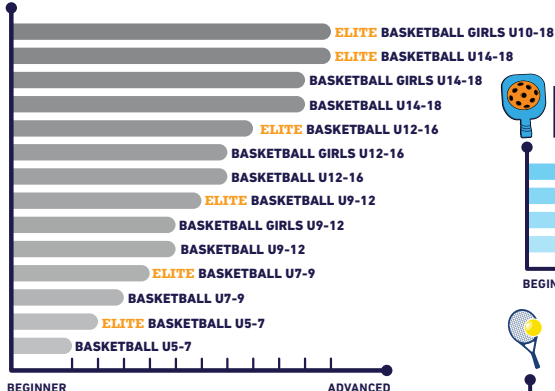
CHEERLEADING



FUTSAL



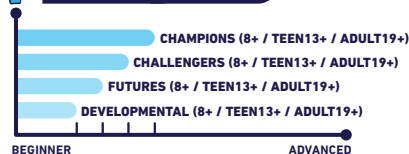
BASKETBALL



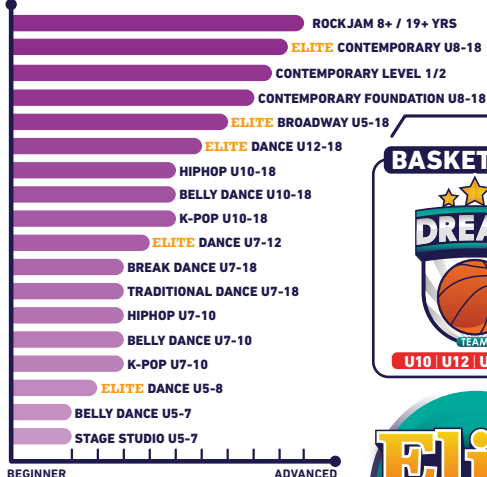
SWIMMING



PICKLEBALL



DANCE



NEW

DREAM TEAM

BASKETBALL



U10 | U12 | U14 | U16

FUTSAL



U6 | U8 | U10 | U13

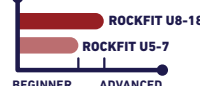
GYMNASTICS



LEVEL 3-10



ROCKFIT



YOGA



PARKOUR



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



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Winter Term Schedule
20th Oct 2025 until 18th Jan 2026
Adult19+ 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
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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.

NEW
Ballet
Adult19+

RockJam
Adult19+

INDEX:



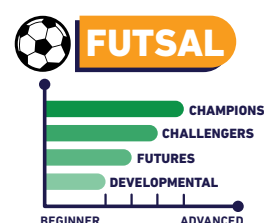
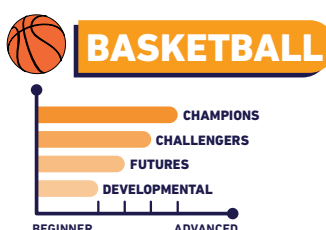
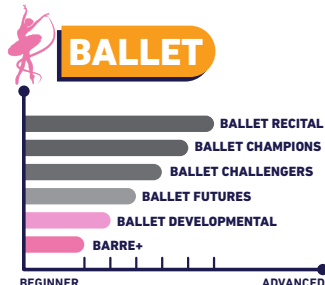
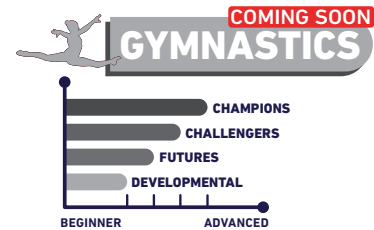
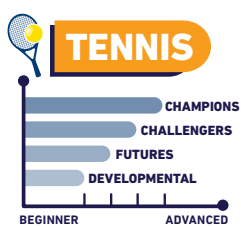
Tennis



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.