



**AEON MALL BSD**  
+6221 3971 3777

**Winter Term Schedule**  
20<sup>th</sup> Oct 2025 until 18<sup>th</sup> Jan 2026

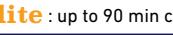
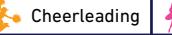
Updated Dec 15<sup>th</sup>

**SCAN FOR  
E-SCHEDULE**



Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
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10.00	Jumper 24-35 mo				5-7 yrs				Crawler 6-18 mo	Baby Dance 1-3 yrs											
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11.30	Baby Dance 1-3 yrs 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 1-3 yrs U4	Baby Dance 1-3 yrs	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	Walker 12-23 mo	Baby Dance 1-3 yrs	Walker 12-23 mo	Baby Dance 1-3 yrs
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**REGISTER NOW!**  
FOR PRESCHOOL & KINDERGARTEN CLASSES ARE AN ADDITIONAL FEE. PLEASE CONTACT STUDENT ADVISOR!



Gymnastics

Cheerleading

Ballet

Contemporary Dance

Broadway

Dance

Taekwondo

Elite

up to 90 min class



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Updated Nov 17<sup>th</sup>

**SCAN FOR  
E-SCHEDULE**



Time	Monday		Tuesday		Wednesday		Thursday		Time	Friday		Saturday		Sunday	
08.00	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB	08.00	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB
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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

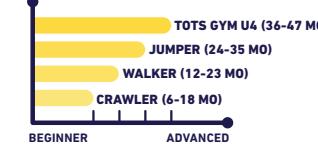
## EARLY CHILDHOOD EDUCATION



### NEW ACADEMIC



### GYMNASICS



### DANCE



### SWIMMING



### YOGA



### BALLET



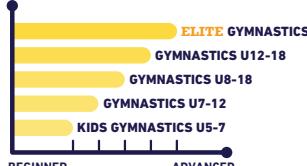
### MARTIAL ARTS



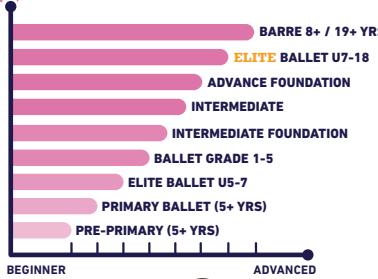
### MULTI-SPORTS



### GYMNASICS



### BALLET



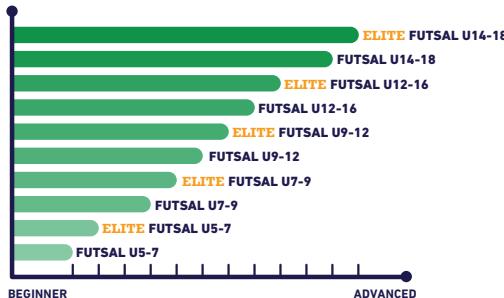
### MARTIAL ARTS



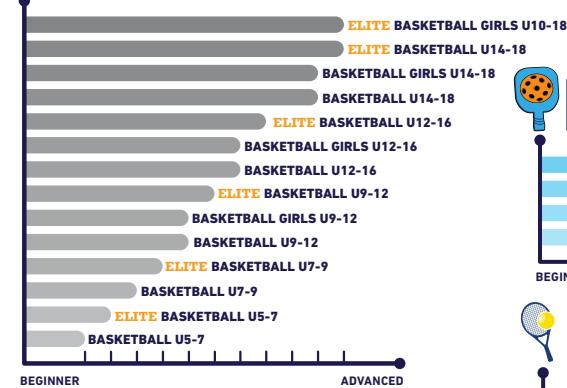
### CHEERLEADING



### FUTSAL



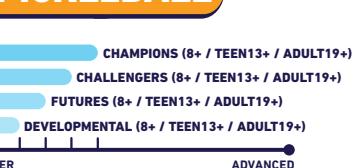
### BASKETBALL



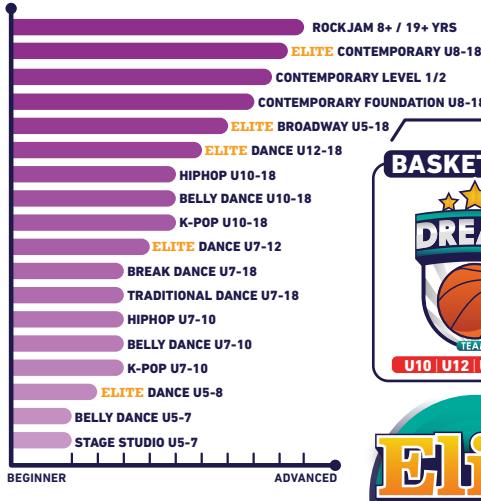
### SWIMMING



### PICKLEBALL



### DANCE



### NEW DREAM TEAM

#### BASKETBALL



#### FUTSAL



#### GYMNASTICS



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



### ROCKFIT



### YOGA



### PARKOUR





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20<sup>th</sup> Oct 2025 until 18<sup>th</sup> Jan 2026  
**Adult19+ Only**

**SCAN FOR  
E-SCHEDULE**

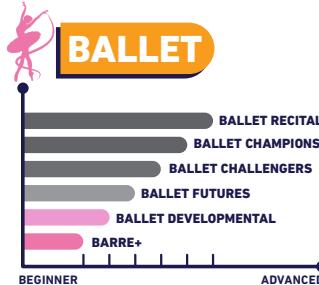
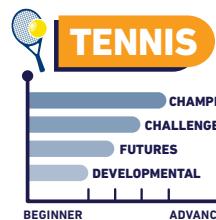


Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
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14.00	<b>ADULT19+ SPORTS CLASSES</b>		60 min of Drills and Technique training, followed by Ladder Play.											
14.00														
14.30	<b>LADDER PLAY</b>		Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder.											
14.30														
15.00	<b>MATCH PLAY</b>		Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.											
15.00														
15.30	<b>RockJam</b>		High-energy fusion of dance fitness and PoundFit for a full-body workout.											
15.30														
16.00	<b>Barre+</b>		A ballet-inspired fitness class that blends strength, flexibility, and grace.											
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INDEX: Tennis Pickleball

# NEW PROGRAM CLASSIFICATION & PROGRESSION

## ADULT 19+



### 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.

### 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 Adult 19+** : 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.

### Dance Recital

Ballet & Contemporary