



# 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															
	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																					<div>Elite CHAMPIONSHIPS</div> <div>PERFORMING ARTS BASKETBALL FUTSAL Preschool &amp; KINDERGARTEN GIMNASTICS PICKLEBALL</div>																			
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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																																								
11.30	Baby Dance 1-3 yrs				Jumper 24-35 mo	Baby Dance 1-3 yrs			Baby Dance 1-3 yrs				Jumper 24-35 mo	Baby Jam 6-18 mo			Walker 12-23 mo	Baby Dance 1-3 yrs			Walker 12-23 mo	Baby Dance 1-3 yrs			Walker 12-23 mo			Baby Jam 6-18 mo												
11.30	U4								U4																															
12.00																																								
12.00	U5-7				Walker 12-23 mo	Baby 2-3 yrs			U5-7				Walker 12-23 mo	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				U4	Sports U4/5			Jumper 24-35 mo			Move& Groove 3-5 yrs												
13.30																																								
14.00	Jumper 24-35 mo	Move& Groove 3-5 yrs							Jumper 24-35 mo	Martial Arts 4-7 yrs											U5-7							Sports U3												
14.30																																								
14.30																																								
15.00																																								
15.00	U4	Martial Arts 4-7 yrs			U5-7				U4	Muay Thai 6+ yrs			U4								U5-7				U8-18	Muay Thai 6+ yrs		Stage Studio U5-7												
15.30																																								
15.30																																								
16.00																																								
16.00	U5-7	Muay Thai 6+ yrs			U8-18				U5-7				U5-7	Martial Arts 4-7 yrs			U8-18								U5-7	Poom-sae 6+ yrs														
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17.00	U8-18	Tkd. 6+ yrs							U8-18	Tkd. 6+ yrs			U8-18	Muay Thai 6+ yrs			U8-18	Tkd. 6+ yrs																						
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<div>INDEX:</div> <div><div> Gymnastics</div><div> Cheerleading</div><div> Ballet</div><div> Contemporary Dance</div><div> Broadway</div><div> Dance</div><div> Taekwondo</div><div>Elite : up to 90 min class</div></div>																																								

REGISTER NOW!

## REGISTER NOW!

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



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Updated Nov 17<sup>th</sup>

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

REGISTER NOW!

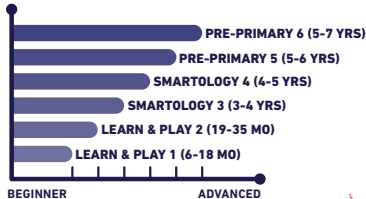
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

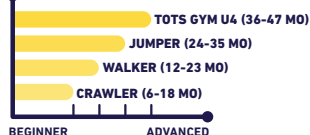
## EARLY CHILDHOOD EDUCATION



### NEW ACADEMIC



### GYMNASTICS



### DANCE



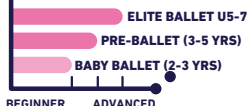
### SWIMMING



### YOGA



### BALLET



### MARTIAL ARTS



### MULTI-SPORTS

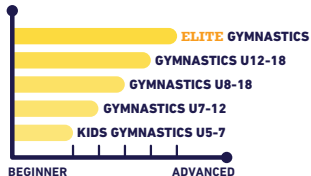


**5-18**  
YRS

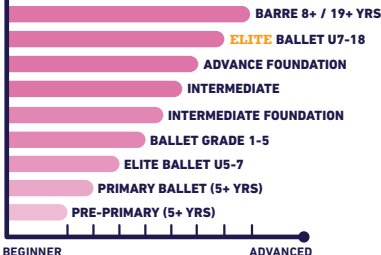
## ACTIVITY CLASSES



### GYMNASTICS



### BALLET



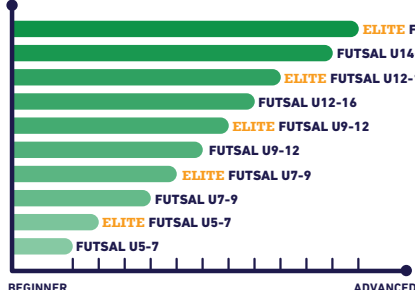
### MARTIAL ARTS



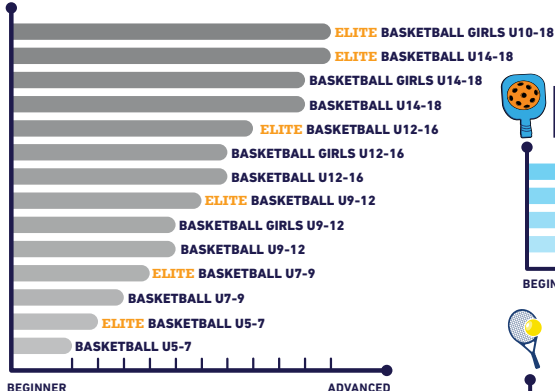
### CHEERLEADING



### FUTSAL



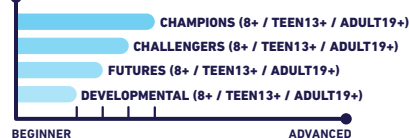
### BASKETBALL



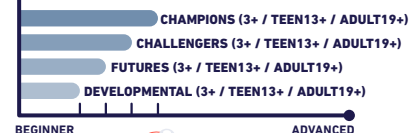
### SWIMMING



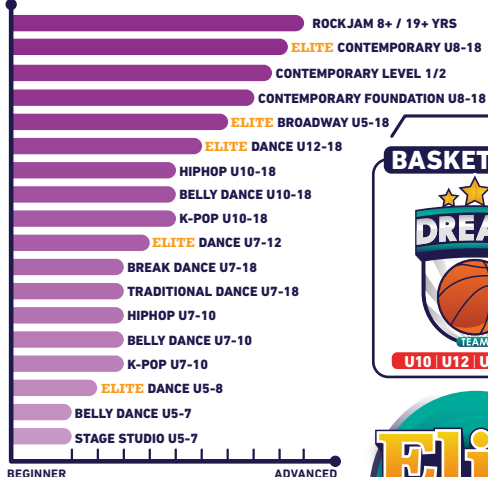
### PICKLEBALL **NEW**



### TENNIS **NEW**



### DANCE



**NEW**

### DREAM TEAM

#### BASKETBALL



U10 | U12 | U14 | U16

#### FUTSAL



U6 | U8 | U10 | U13

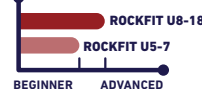
#### GYMNASTICS



LEVEL 3-10



### ROCKFIT



### PING PONG



### YOGA



### PARKOUR



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



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Winter Term Schedule  
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	
	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:



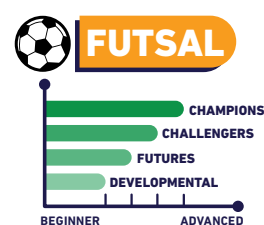
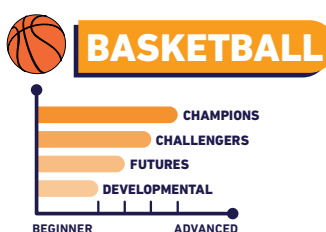
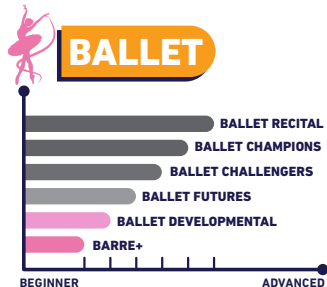
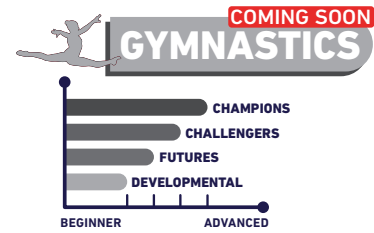
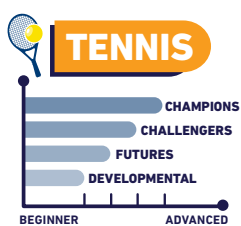
Tennis



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.