AEON MALL BSD

+6221 3971 3777

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED 16 NOVEMBER 2026

SCAN FOR E-SCHEDULE



Time	Monday G	Monday 1	Monday 2	Monday 3	Tuesday G	Tuesday 1	Tuesday 2	Tuesday 3	Wednesday G	Wednesday 1	Wednesday 2	Wednesday 3	Thursday G	Thursday 1	Thursday 2	Thursday 3	Friday G	Friday 1	Friday 2	Friday 3	Saturday G	Saturday 1	Saturday 2	Saturday 3	Sunday G	Sunday 1	Sunday 2	Sunday 3
08.00 - 08.30																					NEW DREAM TEAM							
08.30 - 09.00																												
09.00 - 09.30			Primary 5&6 5-7 yrs				Primary 5&6 5-7 yrs	LEARN&PLAY 1 6-18 mo			Primary 5&6 5-7 yrs				Primary 5&6 5-7 yrs	LEARN&PLAY 1 6-18 mo			Primary 5&6 5-7 yrs									
09.30 - 10.00																												
10.00 - 10.30	Jumper 24-35 mo				Crawler 6-18 mo	Baby Dance 1-3 yrs		LEARN&PLAY 2 19-35 mo	Walker 12-23 mo				Crawler 6-18 mo	Baby Dance 1-3 yrs			Jumper 24-35 mo	Baby Dance 1-3 yrs			L3-7	Baby Dance 1-3 yrs			Crawler 6-18 mo			
10.30 - 11.00																												
11.00 - 11.30	U4	Baby Dance 1-3 yrs	SMARTOLOGY 3 3-4 yrs	SMARTOLOGY 3 3-4 yrs	Jumper 24-35 mo	Baby Dance 1-3 yrs	SMARTOLOGY 3 3-4 yrs	SMARTOLOGY 3 3-4 yrs	U4	Baby Dance 1-3 yrs	SMARTOLOGY 3 3-4 yrs		Jumper 24-35 mo	Baby Jam 6-18 mo		SMARTOLOGY 3 3-4 yrs	Walker 12-23 mo	Baby Dance 1-3 yrs	SMARTOLOGY 3 3-4 yrs	SMARTOLOGY 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 - 12.30	U5-7		SMARTOLOGY 4 4-5 yrs		Walker 12-23 mo	Baby 2-3 yrs	SMARTOLOGY 4 4-5 yrs	LEARN&PLAY 2 19-35 mo	U5-7		SMARTOLOGY 4 4-5 yrs	LEARN&PLAY 2 19-35 mo	Walker 12-23 mo	Baby Dance 1-3 yrs	SMARTOLOGY 4 4-5 yrs	LEARN&PLAY 2 19-35 mo		Move& Groove 3-5 yrs	SMARTOLOGY 4 4-5 yrs		Jumper 24-35 mo			P-Ballet 3-5 yrs		Baby Dance 1-3 yrs		
12.30 - 13.00								P-Ballet 3-5 yrs				Baby 2-3 yrs																
13.00 - 13.30	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 U3			Jumper 24-35 mo			
13.30 - 14.00								Primary 5+ yrs																				
14.00 - 14.30	Jumper 24-35 mo	Move& Groove 3-5 yrs			U4				Jumper 24-35 mo	Martial Arts 4-7 yrs				Move& Groove 3-5 yrs			U4	RockFit U5-7			U5-7	Move& Groove 3-5 yrs		Primary 5+ yrs	U4	Sports U3		
14.30 - 15.00																												
15.00 - 15.30	U4	Martial Arts 4-7 yrs		U5-9	U5-7	Move& Groove 3-5 yrs			U4	Muay Thai 5+ yrs		P-Ballet 3-5 yrs	U4	Stage Studio U5-7			U5-7	Move& Groove 3-5 yrs		Elite U5-7	U8-18		Stage Studio U5-7	Gr.1-5 (Skill dep.)	U8-18		Stage Studio U5-7	
15.30 - 16.00																												
16.00 - 16.30	U5-7	Muay Thai 5+ yrs		U8-18	U8-18	Stage Studio U5-7			U5-7		Move& Groove 3-5 yrs	Primary 5+ yrs	U5-7	Martial Arts 4-7 yrs		K-Pop U7-18	U8-18	Martial Arts 4-7 yrs	Stage Studio U5-7	Gr.1-5 (Skill dep.)		Martial Arts 4-7 yrs	H-Hop U7-18	Elite U7-18 NEW	U5-7	Poom-sae 5+ yrs		
16.30 - 17.00																												
17.00 - 17.30	U8-18			Elite U5-9	Elite				U8-18	Tkd. 5+ yrs		Elite U8-18	U8-18	Muay Thai 5+ yrs			Elite	Tkd. 5+ yrs			Parkour 7+ yrs		Elite U5-18		NEW DREAM TEAM	Tkd. 5+ yrs		
17.30 - 18.00																												
18.00 - 18.30	Elite								Parkour 7+ yrs	Elite 6+ yrs									Elite U5-8		Elite		Elite U8-18		L3-7	Muay Thai Adult19+		
18.30 - 19.00												Elite U5-9																
19.00 - 19.30																												
19.30 - 20.00																												
20.00 - 20.30																												
20.30 - 21.00																												

INDEX:

PRESCHOOL : LEARN&PLAY 1 | LEARN&PLAY 2 | SMARTOLOGY 3 | SMARTOLOGY 4 | KINDERGARTEN : Primary 5 | Primary 6

Gymnastics | Cheerleading | Ballet | Contemporary Dance | Broadway | Dance | Taekwondo | Elite : up to 90 min class | DREAM TEAM : up to 180 min class

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

ROCKSTAR ACADEMY

AEON MALL BSD

+6221 3971 3777

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED 16 NOVEMBER 2026

SCAN FOR E-SCHEDULE





Time	Monday		Tuesday		Wednesday		Thursday		Time	Friday		Saturday		Sunday	
	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball		Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball
08.00 - 08.30									08.00 - 08.30						
08.30 - 09.00									08.30 - 09.00				Adult19+ MATCH PLAY		
09.00 - 09.30									09.00 - 09.30						
09.30 - 10.00									09.30 - 10.00						
10.00 - 10.30			Sports U3	Adult19+ & LADDER PLAY					10.00 - 10.30						
10.30 - 11.00									10.30 - 11.00						
11.00 - 11.30							Sports U3		11.00 - 11.30						
11.30 - 12.00									11.30 - 12.00			Elite U5-9			
12.00 - 12.30		Sports U3	Sports U3		Sports U3				12.00 - 12.30	Sports U3				Elite U5-7	
12.30 - 13.00									12.30 - 13.00						
13.00 - 13.30	Sports U4/5	3-6 yrs		3-6 yrs	Elite U5-9		Sports U4/5		13.00 - 13.30	Sports U4/5		U5-7	3-6 yrs		3-6 yrs
13.30 - 14.00									13.30 - 14.00						
14.00 - 14.30	U5-7		U5-7	Sports U4/5		Sports U4/5	U5-7	3-6 yrs	14.00 - 14.30		3-6 yrs	U9-18	7+ yrs	U5-7	7+ yrs
14.30 - 15.00									14.30 - 15.00						
15.00 - 15.30	U8-16		U5-7	3-6 yrs	U5-7	3-6 yrs	U5-7	7+ yrs	15.00 - 15.30	U5-7	7+ yrs	U5-7	7+ yrs	U8-16	
15.30 - 16.00									15.30 - 16.00						
16.00 - 16.30	U5-7	7+ yrs	U9-18	7+ yrs	U7-16	7+ yrs	U9-18		16.00 - 16.30	U5-7	7+ yrs	U8-16	Adult19+ & LADDER PLAY	U5-7	Adult19+ & LADDER PLAY
16.30 - 17.00									16.30 - 17.00						
17.00 - 17.30	U9-18		U7-16		U9-18	7+ yrs	U7-16		17.00 - 17.30	U9-18		Elite U5-9		U9-18	
17.30 - 18.00									17.30 - 18.00						
18.00 - 18.30	Elite U5-9		Elite U8-16		Elite U9-18		Elite U7-16		18.00 - 18.30	Elite U8-16	Adult19+ & LADDER PLAY			Elite U9-18	
18.30 - 19.00									18.30 - 19.00						
19.00 - 19.30		Adult19+ & LADDER PLAY				Adult19+ & LADDER PLAY			19.00 - 19.30						
19.30 - 20.00									19.30 - 20.00						
20.00 - 20.30									20.00 - 20.30						
20.30 - 21.00									20.30 - 21.00						
21.00 - 22.00									21.00 - 22.00						

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

NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6 MO YRS EARLY CHILDHOOD EDUCATION

NEW! ACADEMIC
- PRE-PRIMARY 6 (5-7 YRS)
- PRE-PRIMARY 5 (5-6 YRS)
- SMARTOLOGY 4 (4-5 YRS)
- SMARTOLOGY 3 (3-4 YRS)
- LEARN & PLAY 2 (19-35 MO)
- LEARN & PLAY 1 (6-18 MO)

BEGINNER — ADVANCED

GYMNASTICS
- TOTS GYM U4 (36-47 MO)
- JUMPER (24-35 MO)
- WALKER (12-23 MO)
- CRAWLER (6-18 MO)

BEGINNER — ADVANCED

DANCE
- ELITE DANCE U5-8
- MOVE & GROOVE (3-5 YRS)
- BABY DANCE (1-3 YRS)
- BABY JAM (6-18 MO)

BEGINNER — ADVANCED

SWIMMING
- MOM & ME ADVANCE (5-6 YRS)
- MOM & ME INTERMEDIATE (36-47 MO)
- MOM & ME BEGINNER (6-35 MO)

BEGINNER — ADVANCED

BALLET
- ELITE BALLET U5-7
- PRE-BALLET (3-5 YRS)
- BABY BALLET (2-3 YRS)

BEGINNER — ADVANCED

NEW! TENNIS
- CHAMPIONS (3-6 YRS)
- CHALLENGERS (3-6 YRS)
- FUTURES (3-6 YRS)
- DEVELOPMENTAL (3-6 YRS)

BEGINNER — ADVANCED

MARTIAL ARTS
- INTRO TO MARTIAL ARTS U5-7

BEGINNER — ADVANCED

MULTI-SPORTS
- SPORTS U5
- SPORTS U3

BEGINNER — ADVANCED

5-18 YRS ACTIVITY CLASSES

GYMNASTICS
- ELITE GYMNASTICS L1-10
- GYMNASTICS U12-18
- GYMNASTICS U8-18
- GYMNASTICS U7-12
- KIDS GYMNASTICS U5-7

BEGINNER — ADVANCED

SWIMMING
- ELITE SWIMMING
- STROKE DEVELOPMENT L1-UP

BEGINNER — ADVANCED

PARKOUR
- ELITE PARKOUR (7+ YRS)
- PARKOUR (7+ YRS)

BEGINNER — ADVANCED

BALLET
- ELITE BALLET U7-18
- BARRE 8+ / 19+ YRS
- ADVANCE
- ADVANCE FOUNDATION
- INTERMEDIATE
- INTERMEDIATE FOUNDATION
- BALLET GRADE 1-5
- ELITE BALLET U5-7
- PRIMARY BALLET (5+ YRS)

BEGINNER — ADVANCED

CHEERLEADING
- ELITE CHEER U13-18
- CHEER U13-18
- ELITE CHEER U8-12
- CHEER U8-12
- ELITE CHEER U5-9
- CHEER U5-9

BEGINNER — ADVANCED

FUTSAL
- ELITE FUTSAL U14-18
- FUTSAL U14-18
- ELITE FUTSAL U12-16
- FUTSAL U12-16
- ELITE FUTSAL U8-12
- FUTSAL U8-12
- ELITE FUTSAL U5-7
- FUTSAL U5-7

BEGINNER — ADVANCED

BASKETBALL
- ELITE BASKETBALL GIRLS U14-18
- ELITE BASKETBALL U14-18
- BASKETBALL GIRLS U14-18
- BASKETBALL U14-18
- ELITE BASKETBALL U8-12
- BASKETBALL GIRLS U8-12
- BASKETBALL U8-12
- ELITE BASKETBALL U5-7
- BASKETBALL U5-7

BEGINNER — ADVANCED

DANCE
- ELITE CONTEMPORARY U8-18
- ELITE BROADWAY U5-18
- ELITE DANCE U7-18
- ROCKJAM 8+ / 19+ YRS
- BREAK DANCE U7-18
- TRADITIONAL DANCE U7-18
- HIPHOP U7-18
- K-POP U7-18
- BELLY DANCE U7-18
- ELITE DANCE U5-8
- K-POP U5-7
- BELLY DANCE U5-7
- STAGE STUDIO U5-7

BEGINNER — ADVANCED

NEW! PICKLEBALL
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

NEW DREAM TEAM

BASKETBALL	FUTSAL	GYMNASTICS
U10 | U12 | U14 | U16	U6 | U8 | U10 | U13	LEVEL 3-10

MARTIAL ARTS
- ELITE TAEKWONDO
- TAEKWONDO WHITE-BLACK (5+ YRS)
- MIXED MARTIAL ARTS (6+ YRS)
- MUAY THAI (5+ YRS)
- POOMSAE (5+ YRS)

BEGINNER — ADVANCED

NEW! PING PONG
- PING PONG ADULT19+
- PING PONG U8-18
- PING PONG U5-7

BEGINNER — ADVANCED

NEW! TENNIS
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

ROCKFIT
- ROCKFIT U8-18
- ROCKFIT U5-7

BEGINNER — ADVANCED

Elite CLASS

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

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Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

ADULT19+

SCAN FOR E-SCHEDULE

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball
08.00 - 08.30														
08.30 - 09.00														
09.00 - 09.30												Adult19+ MATCH PLAY		
09.30 - 10.00														
10.00 - 10.30				Adult19+ & LADDER PLAY										
10.30 - 11.00														
11.00 - 11.30														
11.30 - 12.00														
12.00 - 13.00														
13.00 - 14.00														
14.00 - 14.30														
14.30 - 15.00														
15.00 - 15.30														
15.30 - 16.00														
16.00 - 16.30												Adult19+ & LADDER PLAY		Adult19+ & LADDER PLAY
16.30 - 17.00														
17.00 - 17.30														
17.30 - 18.00														
18.00 - 18.30										Adult19+ & LADDER PLAY			Muay Thai Adult19+	
18.30 - 19.00														
19.00 - 19.30		Adult19+ & LADDER PLAY				Adult19+ & LADDER PLAY								
19.30 - 20.00														
20.00 - 20.30														
20.30 - 21.00														
21.00 - 21.30														
21.30 - 22.00														

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.*

MATCH PLAY — *60 Minute match play focusing on Technique,and Teamwork - ideal prep for the next Elite Championships*

RockJam — *High-energy fusion of dance fitness and PoundFit for a full-body workout.*

INDEX: Pickleball

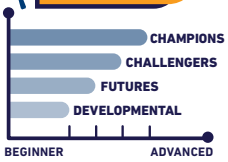
ADULT19+ Free Trial

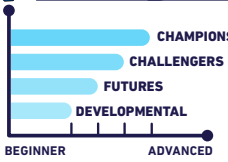
Parents of RockStar Students:
30 Days FREE

Guests & New Members:
7 Days FREE

NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT19+

TENNIS


PICKLEBALL


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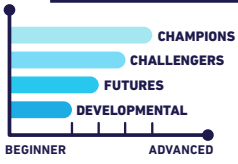
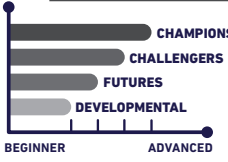
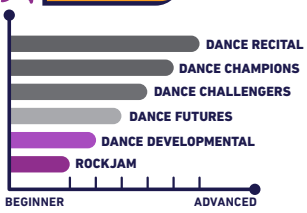
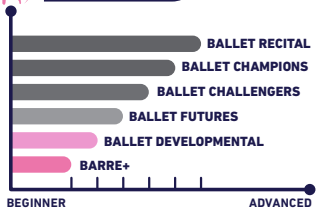


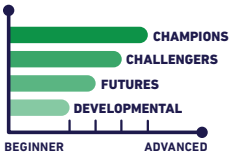
GYMNASTICS
COMING SOON

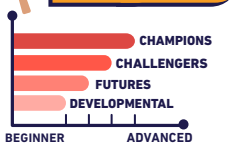


DANCE


BALLET


BASKETBALL


FUTSAL


PING PONG


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

Events & Competitions:

Elite CHAMPIONSHIPS

Termly Competition where teams of equal skill divisions compete against each other.

Dance Recital | **Ballet & Contemporary Recital**

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 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.*