



AEON MALL BSD

+6221 3971 3777

Winter Term Schedule
19th Oct 2026 until 17th Jan 2027

SCAN FOR
E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
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INDEX:

Gymnastics

Cheerleading

Ballet

Contemporary Dance

Broadway

Dance

Taekwondo

Elite : up to 90 min class

DREAM : up to 180 min class

PERFORMING ARTS
Preschool & KINDERGARTEN
BASKETBALL
FUTSAL ADULT19+

Gymnastics
BABY GYM
PARKOUR
TENNIS
PANGPONG
PICKLEBALL



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Winter Term Schedule

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SCAN FOR
E-SCHEDULE



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Time	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Time	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball
08.00	PERFORMING ARTS Preschool & KINDERGARTEN BASKETBALL FUTSAL ADULT19+ Elite CHAMPIONSHIPS GIMNASTICS BABY GYM PARKOUR TENNIS PINGPONG PICKLEBALL								08.00				
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INDEX: Basketball Futsal Tennis Pickleball **Elite**: up to 90 min class

NEW PROGRAM CLASSIFICATION & PROGRESSION

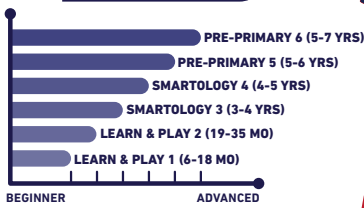
6-6
MO YRS

EARLY CHILDHOOD EDUCATION

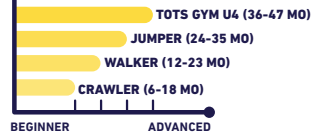


NEW!

ACADEMIC



GYMNASTICS



DANCE



SWIMMING



BALLET



NEW!

TENNIS



MARTIAL ARTS



MULTI-SPORTS

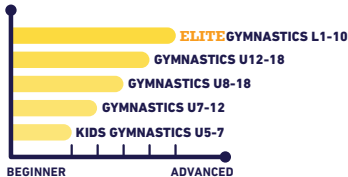


5-18
YRS

ACTIVITY CLASSES



GYMNASTICS



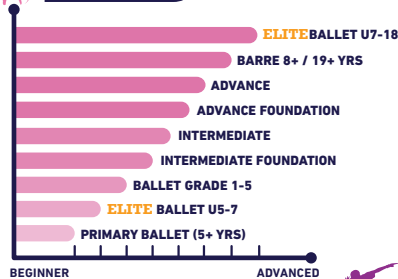
SWIMMING



PARKOUR



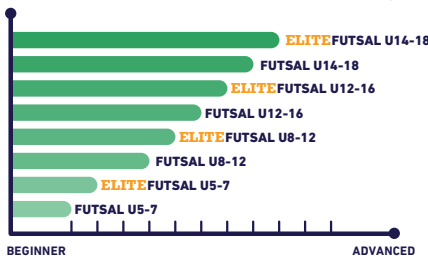
BALLET



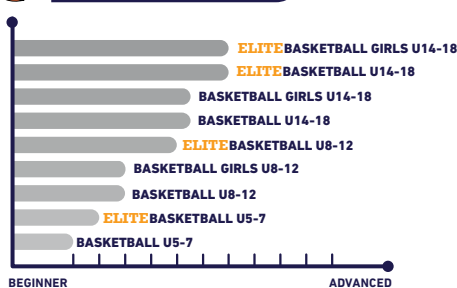
CHEERLEADING



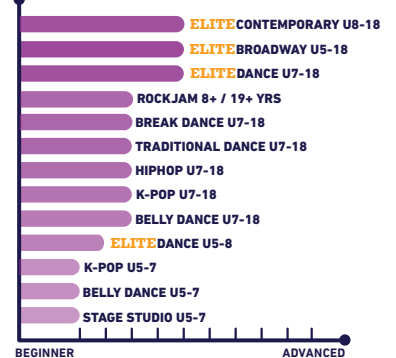
FUTSAL



BASKETBALL

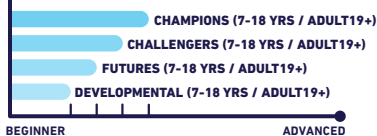


DANCE



NEW!

PICKLEBALL

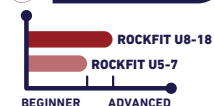


NEW!

PING PONG



ROCKFIT



NEW DREAM TEAM

BASKETBALL

U10 | U12 | U14 | U16

FUTSAL

U6 | U8 | U10 | U13

GYMNASTICS

LEVEL 3-10



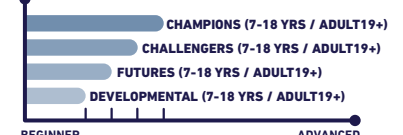
- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED
- CHECK WITH ELITE CLASS INSTRUCTOR



MARTIAL ARTS



TENNIS



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Time	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball
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ADULT19+ SPORTS CLASSES

60 min of Drills and Technique training, followed by Ladder Play.

LADDER PLAY

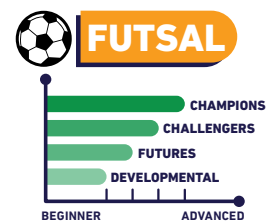
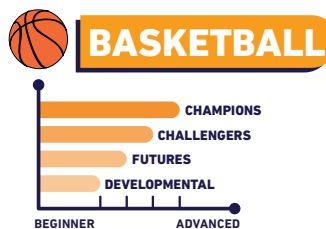
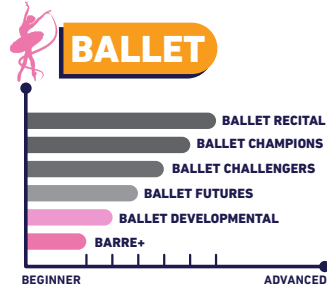
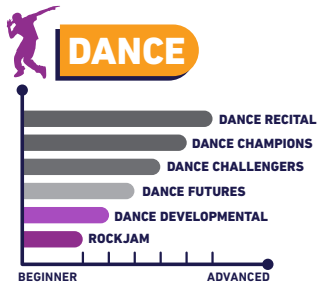
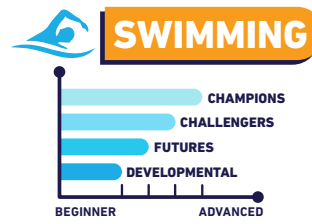
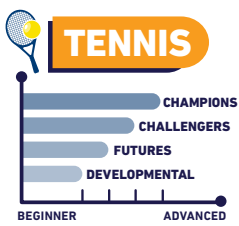
Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder.

MATCH PLAY

Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.

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.