

AEON MALL DELTAMAS

+6221 3972 4242

Fall Term Schedule

Jul 21st until Oct 19th 2025

Jul 21st until Oct 19th 2025

**SCAN FOR
E-SCHEDULE**



	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
Time	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4
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16.30																																			
17.00																																			

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


















































































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Fall Term Schedule
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SCAN FOR
E-SCHEDULE



Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	
08.00	<div>ENJOY FREE PLAY!</div> <div>Available in Sports Court whenever there are no classes or Private Instructions scheduled!</div> <div></div>																					
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14.00		3-7 yrs																				
14.00																						
14.30																						
15.00	U5-7			U5-7			U5-7	3-7 yrs		U5-7				3-7 yrs			U9-18	8-18 yrs	U5-7	U9-18	3-7 yrs	
15.00																						
15.30	U9-18	3-7 yrs		U5-7	8-18 yrs	U5-7	U5-7	8-18 yrs		U5-7		U5-7	U5-7	8-18 yrs		U5-7	U9-18		U9-18	U9-18		
16.00																						
16.30	U5-7	U9-18		U9-18	3-7 yrs	U8-18	U9-18	3-7 yrs		U9-18	3-7 yrs	U8-18	U5-7			U9-18			U5-7			
17.00																						
17.30	U9-18			U9-18			U9-18			U9-18	8-18 yrs		U9-18	U9-18								
18.00				Elite			Elite												Elite			
18.30													U9-18									
19.00				U8-16			U5-7												U8-18			
19.30																						
20.00																						
20.30																						
21.00																						

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

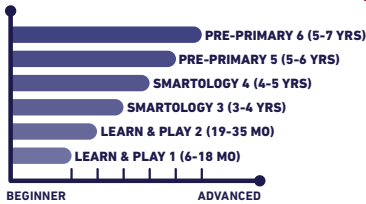
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

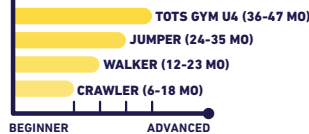
EARLY CHILDHOOD EDUCATION



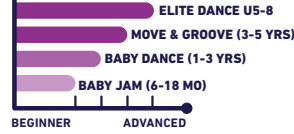
NEW ACADEMIC



GYMNASTICS



DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



MULTI-SPORTS

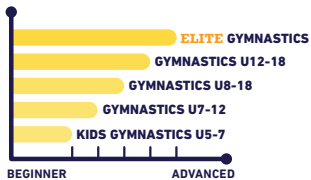


5-18
YRS

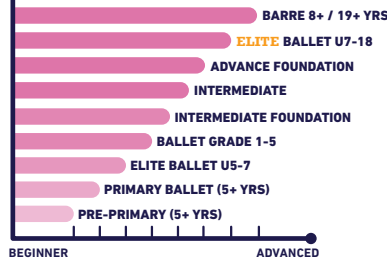
ACTIVITY CLASSES



GYMNASTICS



BALLET



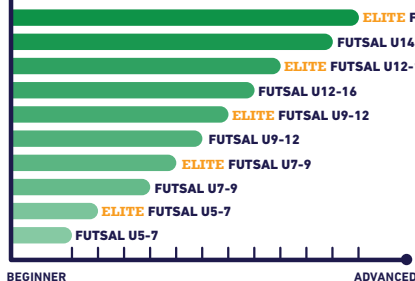
MARTIAL ARTS



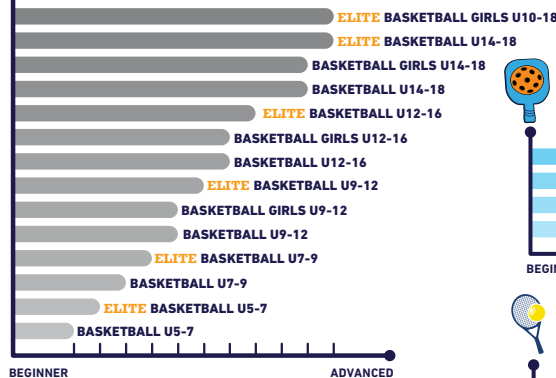
CHEERLEADING



FUTSAL



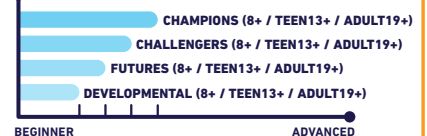
BASKETBALL



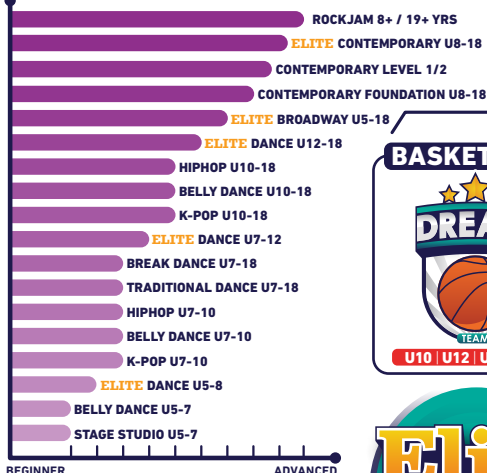
SWIMMING



PICKLEBALL



DANCE



NEW DREAM TEAM

BASKETBALL



U10 | U12 | U14 | U16

FUTSAL



U6 | U8 | U10 | U13

GYMNASTICS



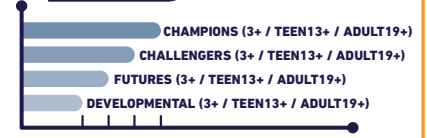
LEVEL 3-10



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



TENNIS



PING PONG



ROCKFIT



YOGA



PARKOUR





**AEON MALL
DELTAMAS**
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Fall Term Schedule
Jul 21st until Oct 19th 2025
Adult19+ Only

**SCAN FOR
E-SCHEDULE**



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong
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ADULT19+ SPORTS CLASSES

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.

Barre+ A ballet-inspired fitness class that blends strength, flexibility, and grace.

ENJOY FREE PLAY!

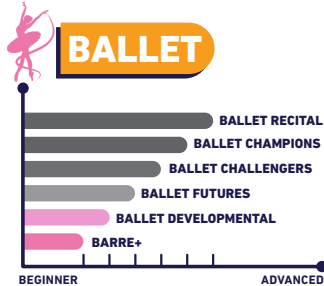
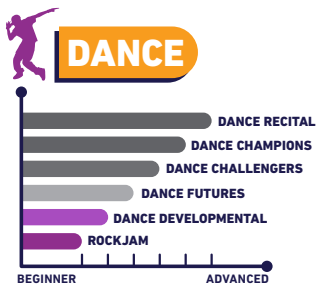
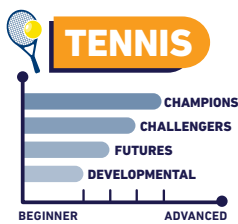
Tersedia di Lapangan Olahraga kapan pun saat tidak ada jadwal kelas atau Kelas Privat!

INDEX:

Basketball | Futsal | Tennis | Pickleball | Ping Pong

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.

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 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.