

AEON MALL DELTAMAS

C +6221 3972 4242

Fall Term Schedule Jul 21st until Oct 19th 2025

SCAN FOR E-SCHEDULE



	Monday						Tuesday					Wednesday					Thursday						Friday			Saturday					Sunday				
Time 08.00	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
08.30 08.30																																0			~~~~
09.00																													K	1	30	La		&	
09.00 09.30								LEARN & PLAY										LEARN									1			¥					30
09.30		Primary 5&6					Primary 5&6	1				Primary 5 & 6					Primary 5 & 6	&PLAY				Primary 5&6						ہمار	ہیاز				المار	八二	
10.00 10.00		5-7 yrs					5-7 yrs	6-18 mo				5-7 yrs					5-7 yrs	6-18 mg	0			5-7 yrs					-3								
10.30						Crawler		&PLAY 2	Baby		Walker 12-23		LEARN & PLAY 2			Crawler		&PLAN	Baby Dance		Walker				Sports	Walker					Crawler				
10.30 11.00						6-18 mo		19-35 mo	1-3 yrs		mo		19-35 mo			6-18 mo		19-35	1-3 yrs		12-23 mo				U3	12-23 mo					6-18 mo				
11.00	ر ما	SMART					SMART		Baby			SMART	1110			lumnar	SMART	mo	Baby			SMART			Dahu									Baby	
11.30 11.30	USA	SWART OLOGY 4				Walker 12-23	SMART OLOGY 4	-	la aa	Baby Dance		SMART OLOGY 4				Jumper 24-35 mo	OLOGY 4	Barre Adult19	+ Jam + 6-18	Dance	Jumper 24-35	SMART OLOGY 4 4-5 vrs			Baby Dance 1-3 yrs	Jumper 24-35		D	Baby lance		Walker 12-23			Jam 6-18	
12.00		4-5 yrs				mo	4-5 yrs		mo	1-3 yrs		4-5 yrs				1110	4-5 yrs		mo	1-3 yrs	mo	4-5 yrs			1-3 yrs	mo		1-	-3 yrs		mo			mo	
12.00 12.30	Walker	SMART OLOGY 3				Jumper	SMART				Jumper 24-35	SMART		Baby		Walker				Sports		SMART OLOGY				USA								Baby	
12.30	12-23 mo	3				24-35 mo	OLOGY 3				24-35 mo	3		Dance 1-3 yrs		12-23 mo				Sports U3		3				U4			S	Sports U3			[Dance 1-3 yrs	
13.00		3-4 yrs					3-4 yrs					3-4 yrs		1-3 y15				D 1				3-4 yrs				04									
13.30		(a)		Baby		USA	S re			Sports	USA	(a) Ye		Snorts		USA	(a) Te	Baby		Sports U4/5	USA	6 0						М	ove&		Jumper		Baby		ports
13.30		Primary 5 & 6	1	Dance 1-3 yrs		U4	Frimary 5 & 6			U3	U4	rimary 5 & 6		Sports U3		U4	rimary 5&6	*		U4/5	U4	- Frimary 5 & 6						3-	roove -5 yrs		24-35 mo		*		U4/5
14.00		5-7 yrs					5-7 yrs					5-7 yrs					5-7 yrs	2-3 yrs	5			5-7 yrs							-	-			2-3 yrs P-Ballet ^{1/2}		
14.30	Jumper 24-35			Move& Groove						Sports				Sports U4/5					Move& Groove					RockFi-	Sports U4/5	USA			S	Sports U4/5	USA		*	Stage Studio S	Sports U3
14.30 15.00	mo			3-5 yrs						U4/5				04/5					3-5 yrs					tU5-7	04/5	U5-7				04/3	U4		3-5 yrs	U5-7	03
15.00 15.30	le				M =	ساها			Move&		le			Move&		le _		P-Ballet1/	12	Martial	10,			Move&	2	USA				Aartial	10		Primary	Move&	
15.30 15.30	USA		:	Sports U3	Martial Arts 4-7 yrs	USA			Groove 3-5 yrs		USA			Groove 3-5 yrs		U5-7		*	H-Hop U7-18	Martial Arts 4-7 yrs	USA			Groove 3-5 yrs		U8-18		K U	-Pop 17-18 /	Martial Arts 4-7 yrs	U5-7		4 G	Groove 3-5 yrs	
15.30 16.00	U4				4-7 yrs	U5-7			5-5 yi 5		U5-7			5 5 yr 5		U5-7		3-5 yrs	5	4-7 yi 3	U5-7			3-3 yrs	U5-9	08-18				+-7 yis	U5-7		5+ yrs	, o yi s	
16.00 16.30	USA			Sports	Muay				Stage		USA			Stage		USA		Primary	Stage	Muay	USA		Rock	Stage	\$	Parkour				Muay	USA			Ц Цор	
16.30	U5-7				Thai 6+ yrs	USA			Studio U5-7		U8-18			Studio U5-7		U8-18		*	Studio U5-7	Thai 6+yrs	U8-18	-	Jam Adult19+	Studio U5-7	1	7+ yrs				Thai 6+yrs	U8-18			H-Hop U7-18	
17.00 17.00	05-7					U8-18										Elite		5+ yrs Recital	<u>, </u>		00 10				U8-18 Broad-					-	00-10				
17.30	USA			Stage Studio U5-7	Tkd. ☐ - ☐ 6+ yrs				Н-Нор		Parkour 7+ yrs			K-Pop U7-18						Tkd.				H-Hop U7-18	way					Tkd.	Parkour 7+ yrs				
17.30 18.00 18.00	U8-18			U5-7	6+ yrs				U7-18		7 · 3 · 3			U7-18		USA		U5-7		6+ yrs				07-16	The same				6	5+ yrs	7 + yı 5				
18.00	Elite			Break																					 / \					Poom-					
18.30 18.30	USA			Dance U7-18																					U5-18				_	sae 6+ yrs					
19.00 19.00	-33																													J. yi 3					
19.30																														ENI	POI I	MFN	201		
19.30 20.00																						'A		re							MOLL	MENT			الحكر
20.00	INDE	X:	PRESC	HOOL	: LEA	RN&P	LAY1	L ₂	ARN&I	PLAY	2 S	MART (DLOGY	3 5	MART	OLOG	3Y4	Т.	IDERG/			rimary 5	5	Prima	ıry 6					NU	W	UK	EN!	0 1	
21.00			Gy.	mnasti	ics	Che	erlead	ing 🤺	Balle	† <u> </u>	Conte	empora	ry Danc	e 🏌	Broad	way	Da	nce	Taek	wondo	Eli	te:up	to 90 n	nin clas	ss				44			300			'n



AEON MALL DELTAMAS

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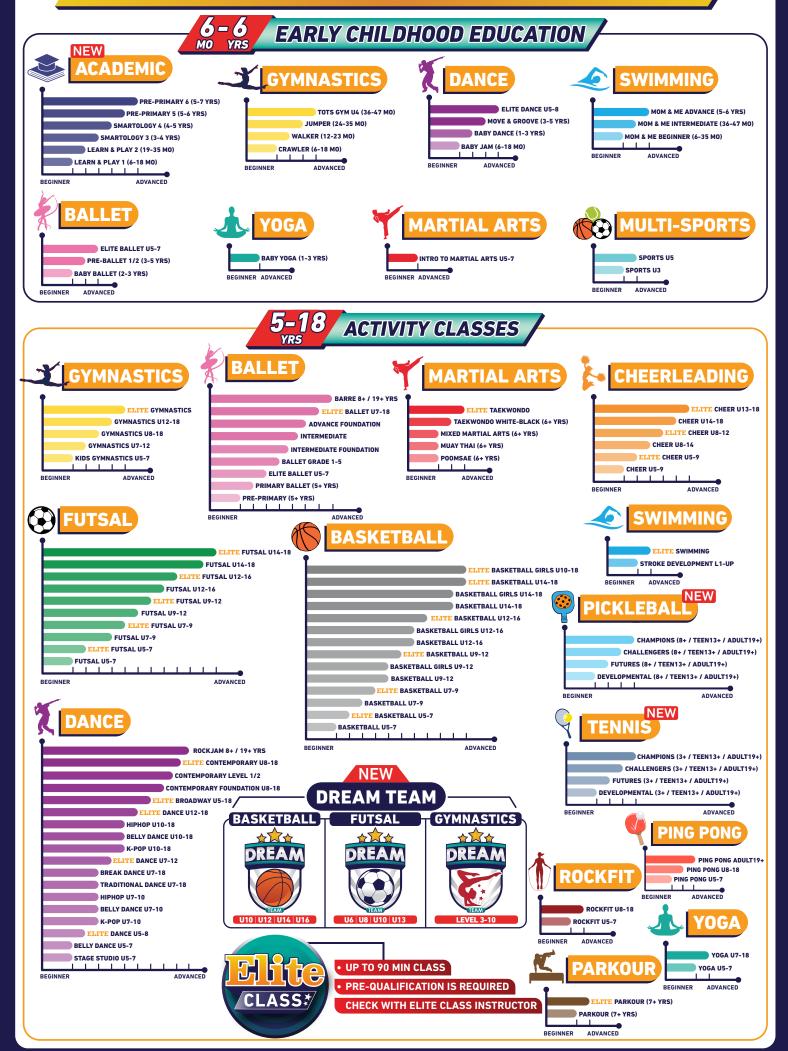
Fall Term Schedule Jul 21st until Oct 19th 2025

SCAN FOR E-SCHEDULE



ſ		Monday			Tuesday		Wednesday				Thursday			Friday			Saturday		Sunday		
Time	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																					
08.30 08.30	ENJO	Y FREE I	PLAY!																		
09.00			ports																		
09.00	Court who nover there															Adult19+					
09.30	9.30																MATCH PLAY				
09.30																					
10.00	- Urivata Instructions																				
10.30	.00																				
10.30											🚩					Elite					
11.00	_ (Adult19+						Adult19+										
11.00	AFO '				& LADDER						& LADDER								Elite		
11.30 11.30					PLAY						PLAY										
12.00																U8-18					
12.00																A			U5-12		
12.30																			05-12		
12.30																Girls U9-18					
13.00																U9-18					
13.00 13.30																A S					
13.30		7															N A			7	
14.00		3-7 yrs														U5-7	3-7 yrs	U8-18	U5-7	8-18 yrs	
14.00				46				Q						Q		af C	G				
14.30								A						A		1	A			9	
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												A						00 7			
15.30		9		③										Q							
15.30						1						1					T			T	
16.00	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	aff			AFC)						AFC										(C)	
16.30 16.30					Y			A			7										
17.00	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	Adult19+		U5-7	Adult19+	
17.00	A				,		AFC.						4				&		15	&	
17.30																	PLAY			LADDER PLAY	
17.30	U9-18			U9-18			U9-18			U9-18	8-18 yrs		U9-18	U9-18					Basketball		
18.00 18.00	07-10									07-10	0-10 yrs			07-10		<u> </u>		Adult19+	Adult19+		
18.30				Elite			Elite						③					LADDER	Elite		
18.30							AFC)						110.40					PLAY	AFC.		
19.00						Adult19+							U9-18			Adult19+		تنسات			
19.00				U8-16		&	U5-7						AFC)			&			U8-18		
19.30 19.30						LADDER										MATCH					
20.00						PLAY							Adult19+	Adult19+		PLAY					
20.00													&	&							
20.30													MATCH	LADDER							
20.30													PLAY	PLAY							
21.00	INDEX:	Bas	ketball	😱 Futsa	ι 🛭 🍚 Te	nnis 🧐	Pickleba	ll 🍑 P	ing Pong	Elite	: up to 90 n	nin class									
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NEW PROGRAM CLASSIFICATION & PROGRESSION





AEON MALL DELTAMAS

+6221 3972 4242

Fall Term Schedule Jul 21st until Oct 19th 2025

Adult19+ Only

SCAN FOR E-SCHEDULE



														<u> </u>														
		Mon	iday			Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday		
Time	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
08.00																												
08.30 08.30																												
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09.00																							Adult19+					
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11.30							PLAY						Barre+		PLYAY													
12.00		Adult19+												kapan pun saat tidak ad kelas atau Kelas Pi														
12.00																						Ke	las a	tau Ke	elas F	rivat		
12.30																												
12.30		ADULTION 60 min of Drills and Technique training, followed by Ladder Play.																				aff) (🤨			
13.00																					_		Y		7			
13.30																							•					
13.30		LAD	DER		Fast-ı	paced (60-mir	nute mo	atch pl	av whe	ere the																	
14.00		PLAY winning/losing team moves up/down the ladder.																										
14.00																												
14.30		Longer match play where the winning/losing team																										
15.00		moves up/down the ladder. Bring your friend/colleague.											gue.															
15.00		MATCH 60 Minute match play focusing on Technique, and																										
15.30		"igit		12 (4)									hins															
15 <u>.</u> 30 16.00		Teamwork - ideal prep for the next Elite Championships																										
16.00		1	. Dool	. 30.00	High-	energy	fusior	n of dar	nce fitr	ness an	nd Poui	ndFit fo	or 📗															
16.30		K	KOCI	kJam		body v						-					Rock Jam											
16.30													=															
17.00			- Bar					tness c	lass th	at blen	nds str	ength,				-	Adult19+						Adult19+	\square			Adult19+	
17.00 17.30					јіехір	ility, an	ia grac	e.															& LADDER			A CO	& LADDER	
17.30																							PLAY				PLAY	
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21.00	INDEX	/. AC	Baske	thall I	Fut	sal	Tenn	ic 😥	Pickle	hall I	Ding	Pong																
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NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT19+



















Stills Leveling

CHAMPIONS Advance Level

CHALLENGERS Intermediate Level

> **FUTURES** Beginner Leve

DEVELOPMENTAL Introductory Level

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.

Barret

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.

CHAMPIONSHIPS 🖈

Events&Competitions:





An Annual stage showcase featuring variety of arts performed in front of an audience.

Ballet & Dance Leveling:

Termly Competition where teams of

equal skill divisions compete against each other.



Developmental : Introduction level will help to discover your passion and potential.

: Learn fundamentals & build a strong foundation. **Futures**

Challengers : Elevate your skills, refined techniques & challenge yourself.

: Embark on a journey of artistry, mastering complex choreography & routines. Champions

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.

: Dive into the game basics, build a strong foundation & be part of developmental team. **Futures**

: Introduction level will help you ease into the game, discovering your passion and potential. Developmental