

# AEON MALL DELTAMAS

**C** +6221 3972 4242

# Fall Term Schedule Jul 21st until Oct 19th 2025

Updated Aug 18<sup>th</sup>

# SCAN FOR E-SCHEDULE



		N	Monday	,				Tuesda	Wednesday						1	hursda	ay				Friday	,			Sat	turday			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
08.00 08.30																											BAD	OD:	FAR		NOT			
08.30																											IMP							
<u>09.00</u> 09.00																								-			Do NO	T tra	nsfe	r mor	ney to	any		
07.00		EN (C)				LEARN & PLAY											ENTE)	&PLAY	,			- Ten					RockS			my e acco				
09.30		Primary 5 & 6					Primar 5&6	y 1			Primary 5&6						rimary 5 & 6	1	AY			Primary 5&6												
10.00		5-7 yrs				_	5-7 yrs	6-18 mo				5-7 yrs					5-7 yrs	6-18 mo				5-7 yrs												
10.00 10.30		5 7 yis				Crawle	r	&PLAY	Baby		Walker	5 7 yis	&PLAY 2			Crawler	. ,,,,	& PLAY	Bahy		Walker	5-7 yis			Sports	Walker					Crawler			
10.30						6-18 mo		2	Dance 1-3 yrs		12-23 mo					6-18 mo			Baby Dance 1-3 yrs		12-23 mo				U3	12-23 mo					6-18			
11.00						1110		19-35 mo	1-5 yi 5				19-35 mo			1110		19-35 mo	1-3 yrs		1110					1110					mo			
11.00	USA	SMART				Walker	SMAR OLOGY		Baby	Baby		SMART				Jumper	SMART		Baby	Baby	lumner	SMART OLOGY			Baby	lumne			Baby		Walker		Baby	
11.30 11.30	USA	OLOGY 4				12-23	4	<u> </u>	Jam 6-18	Dance		OLOGY 4				24-35 mo	OLOGY 4	Barre Adult19+		Dance	24-35	4			Dance 1-3 yrs	Jumpe 24-35			Dance 1-3 yrs		12-23		Jam 6-18	
12.00	U4	4-5 yrs				mo	4-5 yr	5	mo	1-3 yrs		4-5 yrs				1110	4-5 yrs		mo	1-3 yrs	mo	4-5 yrs			1 0 313	mo			1-3 yıs		mo		mo	
12.00		SMART				Jumper	SMARI	7			Jumper	SMART				VA/- II						SMART				ساما							<u>.</u> .	
12.30	12-23	OLOGY 3				24-35	OLOG <sup>N</sup>	r			24-35	OLOGY 3		Baby Dance		Walker 12-23			Sports U4/5	Sports U3		OLOGY 3				USA				Sports U3			Baby Dance	
12.30 13.00	mo	3-4 yrs				mo	3-4 yrs	5			mo	3-4 yrs		1-3 yrs		mo			0 0			3-4 yrs				U4				03			1-3 yrs	
13.00						<b>-</b>					la i					1.		Baby			<u> </u>									-		Baby		
13.30		ina re		Baby		USA	ingre			Sports	USA	<b>13</b> 79		Sports		USA	<u>la</u> ne	K			USA	ing (€							Move& Groove	-	Jumper			Sports
13.30		rimary 5 & 6		Dance 1-3 yrs		U4	riman 5&6	9		U3	U4	5 & 6		U3		U4	5 & 6	7			U4	5 & 6							3-5 yrs		24-35 mo	7		U4/5
14.00		5-7 yrs					5-7 yrs					5-7 yrs					5-7 yrs	2-3 yrs				5-7 yrs		-								2-3 yr	2	
	Jumper			Move&						Sports				Sports					Move&					RockFit	Snorts	USA				Sports	USA	P-Dattet	Stage Studio	Sports
14.30	24-35 mo			Groove 3-5 yrs						U4/5				U4/5					Groove 3-5 yrs					RockFit U5-7	U4/5					U4/5		7	U5-7	U3
15.00				7																						U5-7					U4	3-5 yr		
15.00 15.30	USA				Martial	USA			Move&		USA			Move&		USA		P-Ballet <sup>1/2</sup>		Martial	USA			Move&	<b>%</b>	USA				Martial	USA	Primar	Move&	
15.30				Spoi is	Arts 4-7 yrs				Groove 3-5 yrs		U5-7			Groove 3-5 yrs		U5-7		7	H-Hop U7-18	Arts	USA			Groove 3-5 yrs		U8-18			K-Pop U7-18	Arts 4-7 yrs		<b></b>	Groove 3-5 yrs	
16.00	U4				4-7 yrs	U5-7			3-3 yi 3		U5-7			5 5 yr 5		U3-7		3-5 yrs	-	4 / yis	U5-7			3-3 yı s	U5-9	08-18			ľ	4-7 yıs	U5-7	5+ yr:		
16.00	ر ما				Musy	Ī			Chann		USA			<u></u>		USA		Primary	Recital		سرما			Stage						Muay	ر ما			
16.30	USA			Sports U4/5	Muay Thai	USA			Stage Studio		_			Stage Studio				*		Muay Thai	USA			Studio	-	Parkour 7+ yrs				Thai	USA		H-Hop U7-18	
16.30 17.00	U5-7			04/3	6+ yrs	U8-18			U5-7		U8-18			U5-7		U8-18		/\ 5+ yrs	U5-8	6+yrs	U8-18			U5-7	U8-18	7 . 313				6+yrs	U8-18		07-10	
17.00				_	Thd									Recital		Elite		Recital		Tkd.					Rectical					T1 1				
17.30	USA			Stage Studio	Tkd.				H-Hop U7-18		Parkour 7+ yrs			<u> </u>				*		-			Rock Jam	H-Hop U7-18						Tkd.	Parkour 7+ yrs			
17.30 18.00	U8-18				6+ yrs				07-18		. ,					USA		U5-7		6+ yrs			Adult19	+	4					6+ yrs	7 · yı 3			
18.00	Elite													15				05-7							X									
18.30														U8-18									Break Dance		U5-18					Poom- sae				
18.30	USA																						U7-18							6+ yrs				
19.00 19.00																																		
19.30																																		
19.30																																		
20.00	INIDE	٧.	PRESC	CHOOL	.: <u>LEA</u>	RN&P	LAY	LE	ARN&I	PLAY	2 <b>S</b>	MART	LOGY	3 5	MART	OLO	SY4	KIN	DERG/	ARTEN	: <b>P</b> r	imary 5	5	Prima	ry 6									
20.00 21.00	INDE	:X:	Gy	ymnast	tics	Che	eerlead	ling	Balle	1 -	Cont	empora	ry Dano	e 🏌	Broad	way	Da	nce 🍍	Taek	wondo	Eli	te:up												
21.50											_			, ,			7.7																_	



# AEON MALL DELTAMAS

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# Fall Term Schedule Jul 21st until Oct 19th 2025

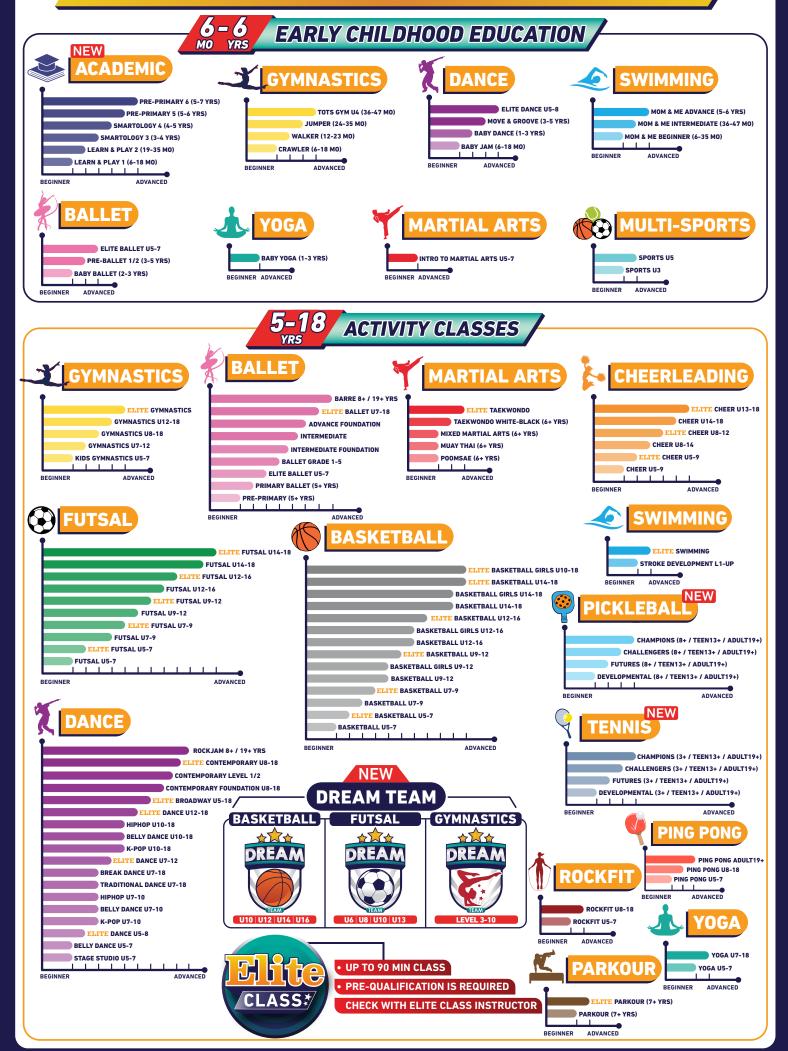
Updated Aug 18<sup>th</sup>

## SCAN FOR E-SCHEDULE



		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
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09.30							per	sonal acc	ount.								PLAY				
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10.30																					
10.30																Elite					
11.00					Adult19+						Adult19+										
11.00					&						<b>&amp;</b>					AFC)			Elite		
11.30					LADDER						LADDER										
11.30					PLAY						PLAY					U8-18					
12.00											$\vdash$										
12.00 12.30																Ato			U5-8		
12.30																					
13.00																Girls U9-18					
13.00																07-10		<u> </u>	_		
13.30																900					
13.30		Y															Υ			Υ :	
14.00		3-7 yrs														U5-7	3-7 yrs	U8-18	U5-7	8-18 yrs	
14.00	<u> </u>						<u> </u>									\$					
14.30								9		ato											
14.30														1		U9-18	<b>1</b>	1	_	1	Ì
15.00	U5-7			U5-7			U5-7	3-7 yrs		U5-7				3-7 yrs		07-10	8-18 yrs	U5-7	U9-18	3-7 yrs	
15.00					9		AFC)						<b>SE</b>						aff		
15.30		\\ \\ \\						4						9							
15.30	U7-16	3-7 yrs		U5-7	8-18 yrs	U5-7	U5-7	8-18 yrs		_		U5-7	U5-7	8-18 yrs		U5-7	U9-18		U9-18	U9-18	
16.00 16.00					0-10 yrs	03-7				U5-7		03-7		0-10 yrs			07-10			07-10	
16.30	AC)				l Ĝ					affe											
16.30					Y			Y			7					$\mathbf{v}$					
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					,,,,	<u>~</u>	46										Adult19+		AFC.	&	
17.30																	LADDER			LADDER	
17.30	_			_		7					1						PLAY	7	Baskelball	PLAY	
18.00	U9-18			U9-18		Adult19+	U9-18			U9-18	8-18 yrs		U9-18	U9-18				Adult19+	Adult19+		
18.00				Elite		&	Elite			Elite								&	Elite		
18.30						LADDER							<b>③</b>					LADDER			
18.30				3		PLAY	M	A -11-4-0					U9-18					PLAY	1		
19.00				_				Adult19+		_			07.10			Adult19+			_		
19.00 19.30				U8-16			U5-7	LADDER		U7-18			AC			MATCHI			U8-18		
19.30								PLAY								TOUNT					
20.00													Adult19+	Adult19+		PLAY					
20.00													&	&							
20.30														LADDER							
20.30													PLAY	PLAY							
21.00	INDEX:	₩ Bas	ketball	Futsa	ι <b> </b> 🦣 Τε	nnis   🧛	Pickleba	ll 愅 P	ing Pong	Elite	: up to 90 n	nin class									

## **NEW PROGRAM CLASSIFICATION & PROGRESSION**





## AEON MALL DELTAMAS

**4** +6221 3972 4242

# Fall Term Schedule Jul 21<sup>st</sup> until Oct 19<sup>th</sup> 2025 Adult19+ Only

## SCAN FOR E-SCHEDULE



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		Mon	day		Tuesday					Wedn	esday		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
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11.30							PLYAY						Barre+		PLAY								-					
11.30													Adult19+															
12.00																												
12.30		ADULT194 60 min of Drills and Technique training, followed by Ladder Play.																										
12.30																												
13.00																												
13.00		Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder.																										
13.30																												
13.30																												
14.00		MATCH (S) Longer match play where the winning/losing team																										
14.00 14.30		moves up/down the ladder. Bring your friend/colleague.																										
14.30		MATCH as a 60 Minute match play focusing an Technique and																										
15.00		60 Minute match play focusing on Technique, and Teamwork - ideal prep for the next Elite Championships																										
15.00	realitions - ideal prep for the next Elite Championships																											
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15.30		1	Rock			body w			ce fitness and PoundFit for																			
16.00		17																										
16.00		0	Bar					ness cla	ass tha	ıt blend	ls strei	ngth,																
16.30 16.30			Bar	ret	flexibil	lity, and	d grace	₽.																				
17.00	ļ .																											
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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.

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.

### **Ballet & Dance Leveling:**



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