

# AEON MALL DELTAMAS

**+6221 3972 4242**

## Fall Term Schedule

Jul 21<sup>st</sup> until Oct 19<sup>th</sup> 2025

Updated Aug 18<sup>th</sup>

**SCAN FOR  
E-SCHEDULE**

[illegible]

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



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Fall Term Schedule  
Jul 21<sup>st</sup> until Oct 19<sup>th</sup> 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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**INDEX:** Basketball Futsal Tennis Pickleball Ping Pong **Elite** : up to 90 min class

**IMPORTANT NOTICE**  
Do **NOT** transfer money to any  
RockStar Academy employee's  
personal account.

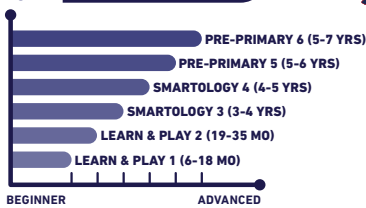
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

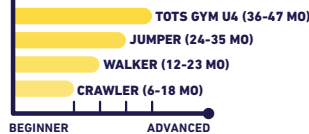
## EARLY CHILDHOOD EDUCATION



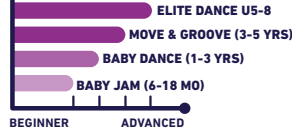
### NEW ACADEMIC



### GYMNASTICS



### DANCE



### SWIMMING



### BALLET



### YOGA



### MARTIAL ARTS



### MULTI-SPORTS

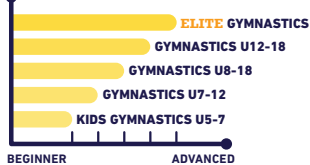


**5-18**  
YRS

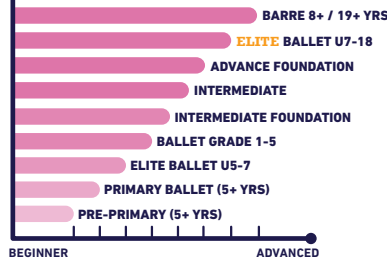
## ACTIVITY CLASSES



### GYMNASTICS



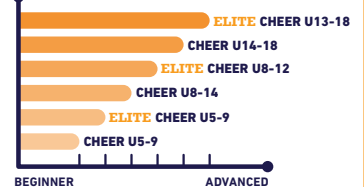
### BALLET



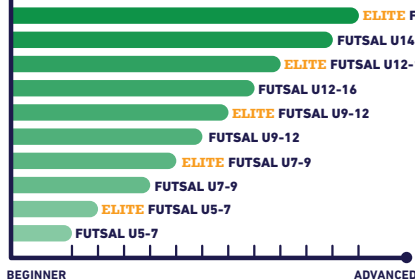
### MARTIAL ARTS



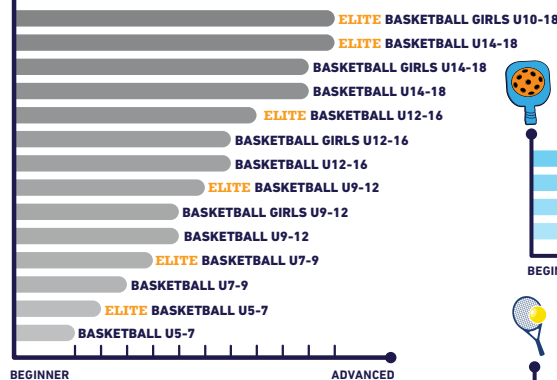
### CHEERLEADING



### FUTSAL



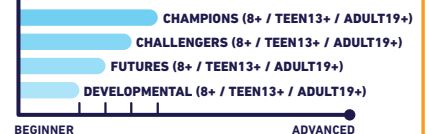
### BASKETBALL



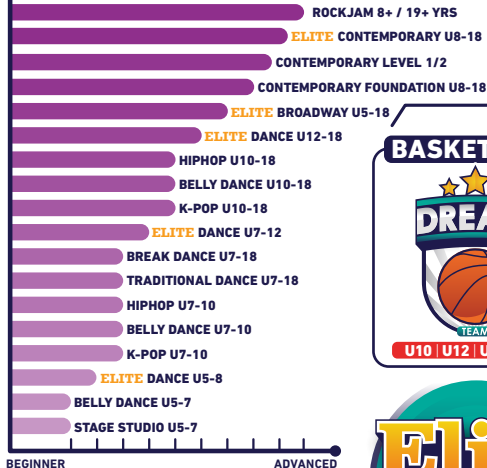
### SWIMMING



### PICKLEBALL



### DANCE



## NEW DREAM TEAM

### BASKETBALL



U10 | U12 | U14 | U16

### FUTSAL



U6 | U8 | U10 | U13

### GYMNASTICS



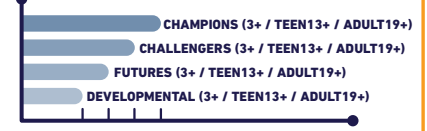
LEVEL 3-10



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



### TENNIS



### PING PONG



### ROCKFIT



### YOGA



### PARKOUR





**AEON MALL  
DELTAMAS**  
☎ +6221 3972 4242

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

**SCAN FOR  
E-SCHEDULE**



	Monday				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
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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.

**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.

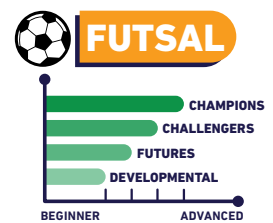
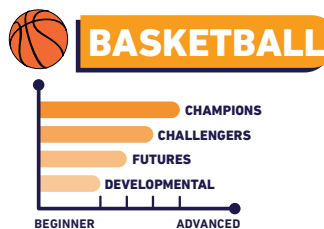
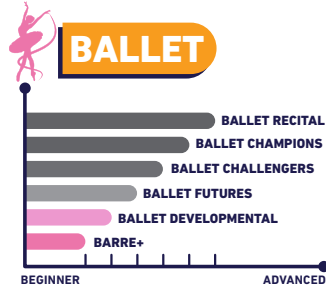
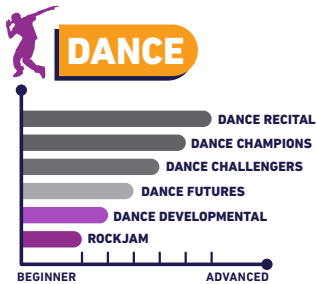
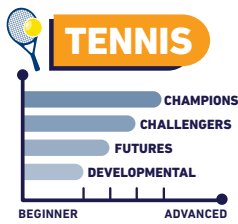
**Barre+** A ballet-inspired fitness class that blends strength, flexibility, and grace.

**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.