



AEON MALL DELTAMAS

+6221 3972 4242

Spring Term Schedule 19th Jan until 19th Apr 2026

Updated Feb 16th

SCAN FOR
E-SCHEDULE



Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong
08.00																					
08.30																					
09.00																					
09.30																					
10.00																					
10.30																					
11.00																					
11.30																					
11.30																					
12.00																					
12.00																					
12.30																					
12.30																					
13.00																					
13.00																					
13.30																					
13.30																					
14.00																					
14.00																					
14.30																					
14.30																					
15.00																					
15.00																					
15.30																					
15.30																					
16.00																					
16.00																					
16.30																					
16.30																					
17.00																					
17.00																					
17.30																					
17.30																					
18.00																					
18.00																					
18.30																					
18.30																					
19.00																					
19.00																					
19.30																					
19.30																					
20.00																					
20.00																					
20.30																					
20.30																					
20.30																					
21.00																					

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

Registration Opens
April 2026

NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6 MO YRS EARLY CHILDHOOD EDUCATION

NEW! ACADEMIC



GYMNASTICS



DANCE



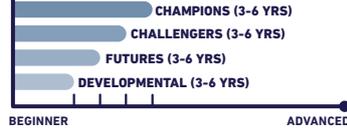
SWIMMING



BALLET



NEW! TENNIS



MARTIAL ARTS



MULTI-SPORTS



5-18 YRS ACTIVITY CLASSES

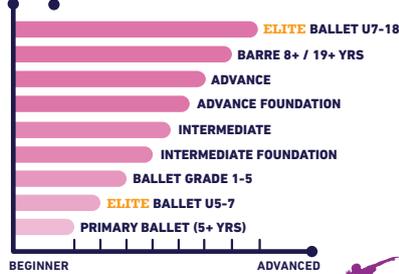
GYMNASTICS



SWIMMING



BALLET



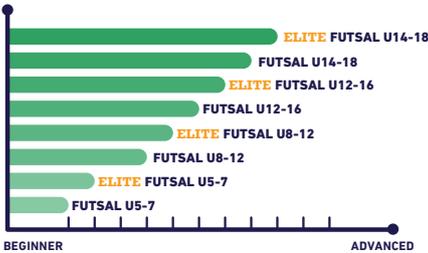
CHEERLEADING



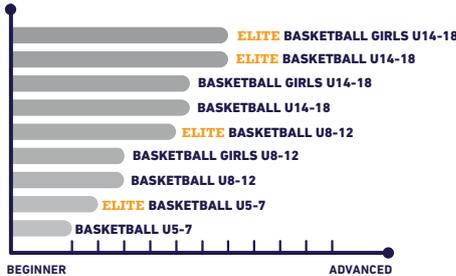
PARKOUR



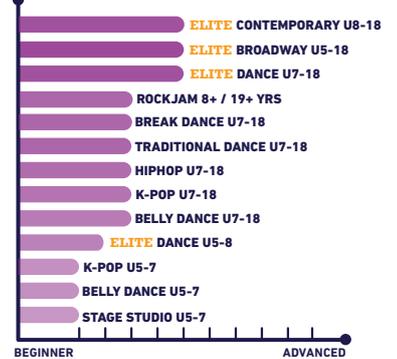
FUTSAL



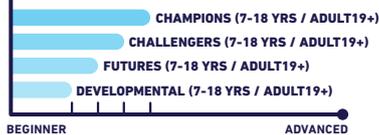
BASKETBALL



DANCE



NEW! PICKLEBALL



NEW! PING PONG



ROCKFIT



NEW DREAM TEAM

BASKETBALL

U10 | U12 | U14 | U16

FUTSAL

U6 | U8 | U10 | U13

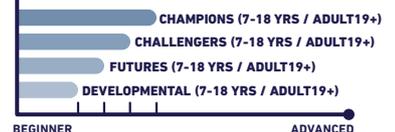
GYMNASTICS

LEVEL 3-10

MARTIAL ARTS



NEW! TENNIS



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



AEON MALL DELTAMAS

+6221 3972 4242

Spring Term Schedule

19th Jan until 19th Apr 2026

ADULT19+

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
08.00																												
08.30																												
09.00																												
09.30																												
10.00																												
10.30																												
11.00																												
11.30																												
12.00																												
12.30																												
13.00																												
13.30																												
14.00																												
14.30																												
15.00																												
15.30																												
16.00																												
16.30																												
17.00																												
17.30																												
18.00																												
18.30																												
19.00																												
19.30																												
20.00																												
20.30																												
21.00																												

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

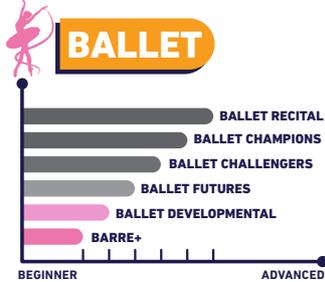
RockJam High-energy fusion of dance fitness and PoundFit for a full-body workout.

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

INDEX: Basketball | Futsal | 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:



Dance Recital Ballet & Contemporary Recital

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.
- 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.