

## AEON MALL DELTAMAS

**C** +6221 3972 4242

#### Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

## SCAN FOR E-SCHEDULE



	Monday						Tuesday					Wednesday					•	Thursd	lay			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 f	1 2	3	4	G	1 2	3	4	
08.00 08.30																														<b>S</b>		Ne Al	TC	
08.30																										ן ק	118	亿/		PER		NGAI		
09.00 09.00																_			+	-							ן טָ ע	. Լե	응		SKETBALL			
09.30							ENTE:	LEARN & PLAY				(A)					e re	LEARN &PLA	ļ			<b>.</b>				CHV.	MPION	ешпо			hool & KiN			
09.30		Primary 5&6					Primary 5&6	1				Primary 5 & 6					Primary 5 & 6	1				Primary				/ LHAI	VIPIUN	эпіга	F3	GIMN	ASTICS P	ICKLEB	BALL®	
10.00		5 - 7 yrs					5-7 yrs	6-18 mo									5-7 yrs	6-18 m	0			5&6				$\overline{}$								
10.00 - 10.30		5-7 yrs				Crawler	5-7 yrs	LEARN &PLAY 2	Rahy		Walker	5-7 yrs	LEARN &PLAY 2			Crawler	J-7 yrs	LEARN P DI AN	Baby Dance		Walker	5-7 yrs				Walker				C				
10.30						6-18		2	Dance		12-23 mo		2			6-18		2	Dance		12-23				Sports U3	12-23		-		Crawler 6-18				
11.00						mo		19-35 mo	1-3 yrs		1110		19-35 mo			mo		19-35 mo	1-3 yrs		mo					mo				mo				
11.00	<b>I</b>	SMART OLOGY				Wall. a.	SMARI		Baby	Dalas		SMART OLOGY				lumner	SMART	r	Baby	Dahu		SMART			Baby			Baby				Baby		
11.30 11.30	USA	OLOGY 4				Walker 12-23	OLOGY 4	/	Jam 6-18	Baby Dance		OLOGY 4				Jumper 24-35	OLOGY 4	Barre Adult19	Jam + 6-18	Dance	24-35	OLOGY 4			Dance	Jumper 24-35		Dance		Walker 12-23		Jam 6-18		
12.00	U4	4-5 yrs				mo	4-5 yrs	5	mo	1-3 yrs		4-5 yrs				mo	4-5 yrs		mo	1-3 yrs	mo	4-5 yrs			1-3 yrs	mo		1-3 yr	5	mo		mo		
12.00		SMART					-	_														SVADE.				1.								
12.30	Walker 12-23	OLOGY				Jumper 24-35	OLOGY 3	9			Jumper 24-35	ULUGY		Baby		Walker 12-23				Sports		SMART OLOGY				USA			Sports U3			Baby Dance		
12.30	_ ma	3 3-4 yrs				mo	3 3-4 yrs				mo	3 3-4 yrs		Dance 1-3 yrs		mo				Ū3		3 3-4 yrs				U4			U3			1-3 yrs		
13.00		,					0 . ,					3-4 yi 3						Date				3 4 yr 3												
13.30				Baby		USA				Cnorto	USA		Baby	C		USA	600	Baby	'		USA	-						Move8		Jumper			Sports	
13.30		Primary		Dance 1-3 yrs			Primary	/		Sports U3	U4	Primary	7	Sports U3			Primary	* 7				Primary						Groove 3-5 yrs		Jumper 24-35 mo			U4/5	
14.00		5&6		1 - 3 yı 3		U4	5&6				04	5&6	2-3 yrs			U4	5&6	2-3 yr:	s		U4	5&6						3 - 3 yr.	1	1110				
14.00	l	5-7 yrs		M 0			5-7 yrs					5-7 yrs		_			5-7 yrs		Move&			5-7 yrs				ير ما			_	ارما		Stage		
14.30 14.30	Jumper 24-35			Move& Groove						Sports U4/5				Sports U4/5				_	Groove					RockFit U5-7	Sports U4/5	USA		RockFi U8-18	t Sports U4/5	USA		Stage Studio U5-7	Sports U3	
15.00	mo			3-5 yrs						04/0				0 ., 0					3-5 yrs					03-7	0 ., 0	U5-7		NEW	04/5	U4		05-7		
15.00	ا ما					,					۔ ما		P-Ballet			ر ما		P-Balle	et							ب ما				la .				
15.30	USA			Sports	Martial Arts	USA			Move& Groove		USA		K	Move& Groove		USA		K	Н-Нор	Martial Arts	USA			Move& Groove	20	USA		K-Pop	Martial Arts	USA		Move& Groove		
15.30 16.00	U4			U3	Arts 4-7 yrs	U5-7			3-5 yrs		U5-7		Λ.	3-5 yrs		U5-7		*		Arts 4-7 yrs	U5-7	•		3-5 yrs		U8-18		U7-18	Arts 4-7 yrs	U5-7		3-5 yrs		
16.00 16.00													3-5 yrs Primary					3-5 yrs	s Y <b>Recital</b>						U5-9			+						
16.30	USA			Sports	Muay Thai				Stage Studio		USA			Stage		USA		<b>1</b>	Yeçital		USA			Stage Studio	<b>S</b>	Parkour				USA				
16.30				11/75	6+ yrs	USA			Studio U5-7		U8-18		*	Studio U5-7		U8-18		*	U5-8	Thai 6+yrs	U8-18			Studio U5-7	1	7+ yrs								
17.00	U5-7					U8-18							5+ yrs					5+ yrs	;   <b>) 7</b>		00-10				U8-18					U8-18				
17.00 17.30				Stage	Tkd.						Parkour		*	Recital		Elite		Recita	l	Tkd.	Elite		Rock	H. Hon	Rectial	Elite			Tkd.	Parkour				
17.30	USA			Stage Studio U5-7					H-Hop U7-18		7+ yrs		7) Gr.1					U5-7		[] 6+ yrs	USA		Jam Adult19+	H-Hop U7-18	12	Parkour 7+ yrs			- [] - [	Parkour 7+ yrs				
17.30 18.00	U8-18			30 ,	6+ yrs								Gr. I (skill dep)	<b>(</b>		USA		U5-7		J. 313	USA		- autt 174		A	NEW			6+ yrs					
18.00	Elite													110 10						Tkd.			Break		17				Poom-					
18.30 18.30	le_													U8-18							NEW	1	Dance U7-18		U5-18				sae					
19.00	USA																			6+ yrs			57-10						6+ yrs					
19.00																																		
19.30 19.30																																		
20.00																														~~~				
20.00		PRESCHOOL: LEARN&PLAY1 LEARN&PLAY2 SMARTOLOGY3 S									SMARI	OLO	GY 4	KII	NDERG	ARTEN	ı: Pi	rimary 5	5	Pre rima	ry 6	DE				e s	TER	\(o)\\						
21.00														1	التعاد		ا دست د																	
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# AEON MALL DELTAMAS

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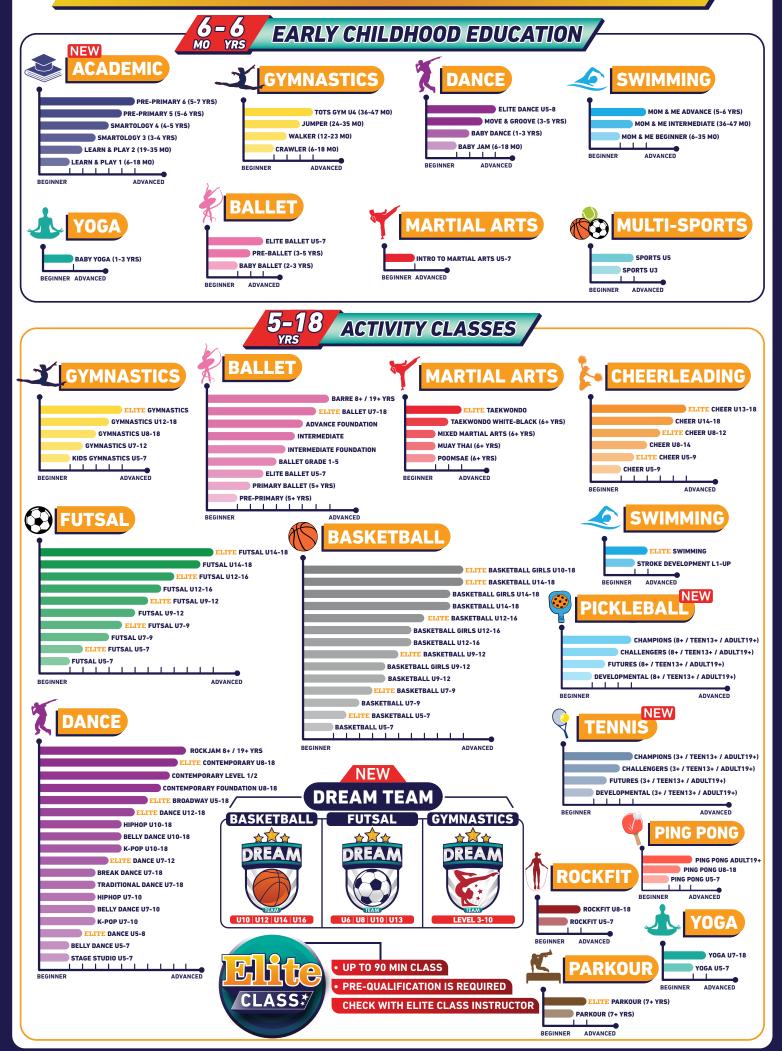
### Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

## 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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09.00		ן לו לו ו		BASKETBALL QFUTSAL																	
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10.30																					
10.30																Elite					
11.00					Adult19+						Adult19+										
11.00					& LADDER						& LADDER								Elite		
11.30					PLAY						PLAY					_					
11 <u>.</u> 30 12 <u>.</u> 00																U8-18					
12.00																\$					
12.30																			U5-8		
12.30																Girls U9-18					
13.00		_														U9-18					
13.00																ato					
13.30 13.30		A															7			7	
14.00		3-7 yrs														U5-7	3-7 yrs	U8-18	U5-7	8-18 yrs	
14.00				-						16						<b>A</b>					
14.30								7						<b>Q</b>			9		(3)		
14.30	U5-7			U5-7			U5-7	3-7 yrs		_		115.7		١ ١		U9-18		U5-7	U9-18	3-7 yrs	
15.00 15.00						<u> </u>				U5-7		U5-7		3-7 yrs			8-18 yrs	03-7			
15.30		9											AFO.								
15.30	_			0	\ <b>\</b>	7		1						<b>Y</b>			T			1	
16.00	U7-16	3-7 yrs		U5-7	8-18 yrs	U5-7	U5-7	8-18 yrs		U5-7		U8-18	U5-7	8-18 yrs		U5-7	U9-18		U9-18	U9-18	
16.00	AFC)			ACC.						<b>S</b>	4								aff		
16.30 16.30				1	I Q			7			A										
17.00	U5-7	U9-18		U9-18	3-7 yrs	U8-18	U7-16	3-7 yrs		U9-18	3-7 yrs		U5-7			U9-18	Adult19+		U5-7	Adult19+	
17.00					<i>5 . y</i> , <i>5</i>	<u> </u>	<b>SE</b>									Elite	&		15	&	
17.30													M				LADDER			LADDER	
17.30				_		7	U9-18			U9-18			U9-18				PLAY	7	Basketball	PLAY	
18.00 18.00	U9-18		Adult19+	U9-18		Adult19+					8-18 yrs			U9-18				Adult19+	Adult19+		
18.30			& LADDER	Elite		& LADDER	Elite			Elite						U5-12		& LADDER	Elite		
18.30			PLAY			PLAY	AFC.									NEW		PLAY	AFC		
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19.00				U8-16			U5-7			U7-18				<b>(</b>					U8-18		
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20.30														LADDER							
20.30														PLAY				PI:	ar.	TEN N	
21.00	INDEX:	Bas	ketball	Futsa	ι 🛛 🌳 Τε	nnis   🧐	Pickleba	ll 🏻 🍑 P	ing Pong	Elite	: up to 90 n	nin class								ال درس	

## **NEW PROGRAM CLASSIFICATION & PROGRESSION**





## AEON MALL DELTAMAS

**4** +6221 3972 4242

#### Winter Term Schedule 20<sup>th</sup> Oct 2025 until 18<sup>th</sup> Jan 2026

SCAN FOR E-SCHEDULE



Adult19+ Only

	Monday					Tues			Wednesday				Thursday				Friday					Satu			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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13.00		SPUK	TS CLAS	osts ·	Dy Luu	uei Fic	ıy.																					
13.00 13.30		Fast-paced 60-minute match play where the																										
13.30		PLAY winning/losing team moves up/down the ladder.																										
14.00		Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.																										
14.00																												
14.30																												
14.30	MATCH 60 Minute match play focusing on Technique, and																											
15.00 15.00		Teamwork - ideal prep for the next Elite Championships														-		-										
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16.00		17			u jun-k	ouy w	OI KOUL	•																				
16.00		2	- Dan		A balle	t-inspi	ired fiti	ness cla	ass tha	at blend	ds stre	ngth,																
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21.00	INDEX	· 8	Baske	tball (	Fut	sal	Tenn	is   🧛	Picklel	ball I	Pine	g 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.

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