

AEON MALL DELTAMAS

+6221 3972 4242

Winter Term Schedule

20th Oct 2025 until 18th Jan 2026

Updated Nov 17th

**SCAN FOR
E-SCHEDULE**



	Monday					Tuesday					Wednesday					Thursday					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	1	2	3	4	G	1	2	3	4
08.00																																			
08.30																																			
08.30																																			
09.00																																			
09.30		 Primary 5&6					 Primary 5&6	 LEARN & PLAY 1 6-18 mo				 Primary 5&6				 Primary 5&6	 LEARN & PLAY 1 6-18 mo					 Primary 5&6													
09.30		5-7 yrs					5-7 yrs					5-7 yrs					5-7 yrs					5-7 yrs													
10.00																																			
10.30						Crawler 6-18 mo		 LEARN & PLAY 2 19-35 mo	Baby Dance 1-3 yrs			Walker 12-23 mo		 LEARN & PLAY 2 19-35 mo			Crawler 6-18 mo		 LEARN & PLAY 2 19-35 mo	Baby Dance 1-3 yrs			Walker 12-23 mo		Sports U3		Walker 12-23 mo				Crawler 6-18 mo				
11.00																																			
11.30		 SMART OLOGY 4 4-5 yrs				Walker 12-23 mo		 SMART OLOGY 4 4-5 yrs		Baby Jam 6-18 mo	Baby Dance 1-3 yrs			 SMART OLOGY 4 4-5 yrs		Baby Dance 1-3 yrs	Jumper 24-35 mo		 SMART OLOGY 4 4-5 yrs	 Barre+ Adult19+	Baby Jam 6-18 mo	Baby Dance 1-3 yrs		Jumper 24-35 mo		 SMART OLOGY 4 4-5 yrs		Baby Dance 1-3 yrs	Jumper 24-35 mo		Baby Dance 1-3 yrs	Walker 12-23 mo		Baby Jam 6-18 mo	
12.00																																			
12.30	Walker 12-23 mo	 SMART OLOGY 3 3-4 yrs				Jumper 24-35 mo		 SMART OLOGY 3 3-4 yrs				Jumper 24-35 mo		 SMART OLOGY 3 3-4 yrs			Walker 12-23 mo							 SMART OLOGY 3 3-4 yrs						 USA U4		Sports U3		Baby Dance 1-3 yrs	
13.00																																			
13.30		 Primary 5&6		Baby Dance 1-3 yrs		 USA U4		 Primary 5&6			Sports U3		 USA U4	 Primary 5&6	2-3 yrs	Sports U3		 USA U4	 Primary 5&6	2-3 yrs				 USA U4	 Primary 5&6	5-7 yrs									
14.00		5-7 yrs					5-7 yrs						5-7 yrs				5-7 yrs							5-7 yrs											
14.30	Jumper 24-35 mo			Move& Groove 3-5 yrs							Sports U4/5											Move& Groove 3-5 yrs													
14.30																																			
15.00																																			
15.30	 USA U4			Sports U3	Martial Arts 4-7 yrs	 USA U5-7				Move& Groove 3-5 yrs			 USA U5-7		P-Ballet 3-5 yrs	Move& Groove 3-5 yrs		 USA U5-7		P-Ballet 3-5 yrs	 Elite U5-8	Martial Arts 4-7 yrs	 USA U5-7			Move& Groove 3-5 yrs	 USA U5-9	 USA U8-18							
16.00																																			
16.30	 USA U5-7			Sports U4/5	Muay Thai 6+ yrs	 USA U8-18				Stage Studio U5-7			 USA U8-18		Primary 5+ yrs	Stage Studio U5-7		 USA U8-18		Primary 5+ yrs	H-Hop U7-18	Muay Thai 6+ yrs	 USA U8-18			Stage Studio U5-7	 Elite U5-9	 USA U8-18							
17.00																																			
17.30	 USA U8-18			Stage Studio U5-7	Tkd. - 6+ yrs					H-Hop U7-18			Parkour 7+ yrs		 Gr.1 (skill dep)	K-Pop U7-18		 Elite U5-7		 Elite U5-7		Tkd. - 6+ yrs	 USA U5-7			H-Hop U7-18	 Elite U5-9								
17.30																																			
18.00																																			
18.00	 Elite U5-18																																		
18.30																																			
18.30	 USA U5-18																																		
19.00																																			
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21.00																																			
	INDEX: Gymnastics Cheerleading Ballet Contemporary Dance Broadway Dance Taekwondo Elite : up to 90 min class																																		

Elite

CHAMPIONSHIPS

PERFORMING ARTS

BASKETBALL FUTSAL

Preschool & KINDERGARTEN

GYMNASTICS PICKLEBALL

REGISTER NOW!



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SCAN FOR
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Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	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	Elite CHAMPIONSHIPS			PERFORMING ARTS BASKETBALL FUTSAL Preschool & KINDERGARTEN GIMNASTICS PICKLEBALL																	
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INDEX: Basketball Futsal Tennis Pickleball Ping Pong **Elite** : up to 90 min class

REGISTER NOW!

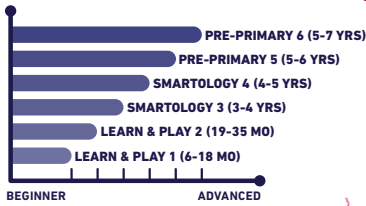
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

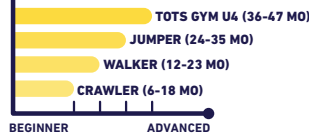
EARLY CHILDHOOD EDUCATION



NEW ACADEMIC



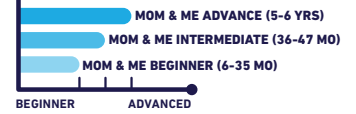
GYMNASTICS



DANCE



SWIMMING



YOGA



BALLET



MARTIAL ARTS



MULTI-SPORTS

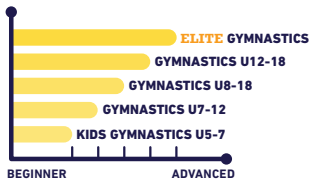


5-18
YRS

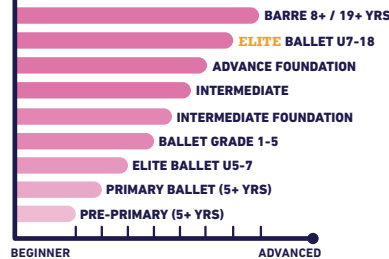
ACTIVITY CLASSES



GYMNASTICS



BALLET



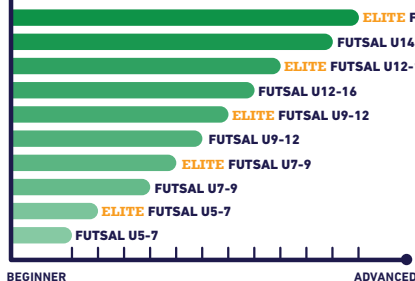
MARTIAL ARTS



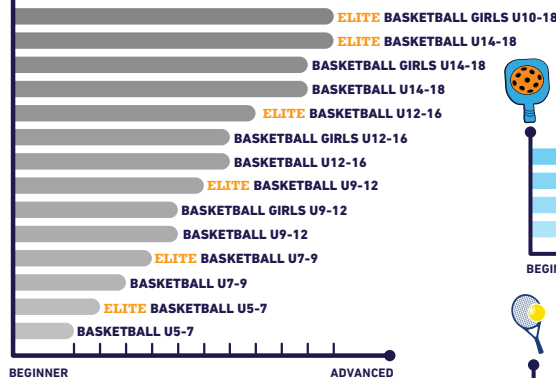
CHEERLEADING



FUTSAL



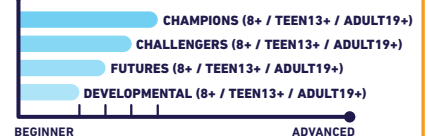
BASKETBALL



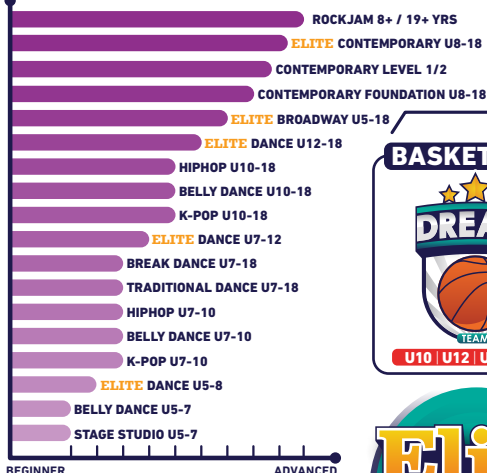
SWIMMING



PICKLEBALL



DANCE



NEW DREAM TEAM

BASKETBALL



U10 | U12 | U14 | U16

FUTSAL



U6 | U8 | U10 | U13

GYMNASTICS



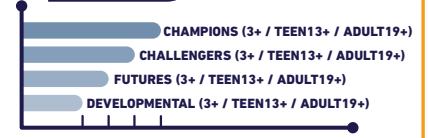
LEVEL 3-10



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



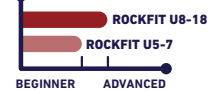
TENNIS



PING PONG



ROCKFIT



YOGA



PARKOUR





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Adult19+ Only

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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
08.00																												
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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

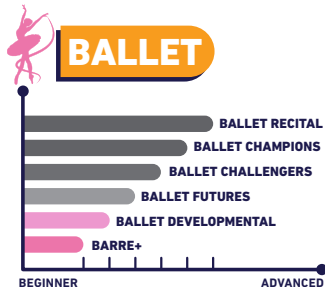
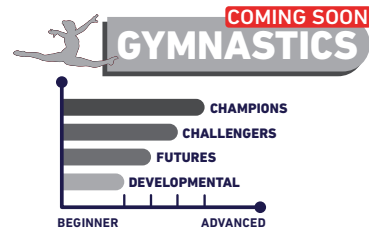
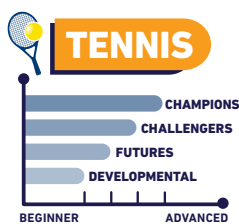
High-energy fusion of dance fitness and PoundFit for a full-body workout.

Barre+

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

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.