# ROCKSTAR ACADEMY

## AEON SENTUL

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## Fall Term Schedule

Jul 24th until Oct 22nd 2023

**Updated August 21st**

SCAN FOR E-SCHEDULE

| Time | Monday | | | | | Tuesday | | | | | Wednesday | | | | | Thursday | | | | | Friday | | | | | Saturday | | | | | Sunday | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports | G | 1 | 2 | 3 | Sports |
| 08.00 - 08.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08.30 - 09.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09.00 - 09.30 | | Pre Primary 5 5-6 yrs | | | | | Pre Primary 5 5-6 yrs | LEARN &PLAY 1 6-18 mo | | | | Pre Primary 5 5-6 yrs | | | | | Pre Primary 5 5-6 yrs | LEARN &PLAY 1 6-18 mo | | | | Pre Primary 5 5-6 yrs | | | | | | | | | | | | |
| 09.30 - 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10.00 - 10.30 | | | | | | Crawler 6-18 mo | | LEARN &PLAY 2 19-35 mo | | | Walker 12-23 mo | | LEARN &PLAY 2 19-35 mo | | | Crawler 6-18 mo | | LEARN &PLAY 2 19-35 mo | | | | | Sports U3 | Move& Groove 3-5 yrs | | Jumper 24-35 mo | | | | | Crawler 6-18 mo | | | | |
| 10.30 - 11.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11.00 - 11.30 | U4 | SMARTOLOGY 4 4-5 yrs | | | | Walker 12-23 mo | SMARTOLOGY 4 4-5 yrs | Baby Dance 1-3 yrs | | | Jumper 24-35 mo | SMARTOLOGY 4 4-5 yrs | Baby Dance 1-3 yrs | | | Jumper 24-35 mo | SMARTOLOGY 4 4-5 yrs | | | | Jumper 24-35 mo | SMARTOLOGY 4 4-5 yrs | Baby Dance 1-3 yrs | | | | Sports U3 | Baby Dance 1-3 yrs | | | Walker 12-23 mo | Baby Jam 6-18 mo | | | Sports U3 |
| 11.30 - 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12.00 - 12.30 | U5-7 | SMARTOLOGY 3 3-4 yrs | | | | Jumper 24-35 mo | SMARTOLOGY 3 3-4 yrs | Baby Dance 1-3 yrs | | | U4 | SMARTOLOGY 3 3-4 yrs | Baby Dance 1-3 yrs | | | | Baby 2-3 yrs | Baby Dance 1-3 yrs | Sports U4/5 | | Walker 12-23 mo | SMARTOLOGY 3 3-4 yrs | Sports U4/5 | | | Walker 12-23 mo | | Move& Groove 3-5 yrs | Baby 2-3 yrs | RockFit U5-7 | Jumper 24-35 mo | Sports U4/5 | RockFit U7-18 | | Elite U5-10 |
| 12.30 - 13.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13.00 - 13.30 | Walker 12-23 mo | Pre Primary 6 5-7 yrs | Sports U3 | | | | Pre Primary 6 5-7 yrs | Sports U4/5 | Baby 2-3 yrs | | | Pre Primary 6 5-7 yrs | Move& Groove 3-5 yrs | | | U4 | Pre Primary 6 5-7 yrs | | P-Ballet 1/2 3-5 yrs | | U4 | Pre Primary 6 5-7 yrs | | | | U4 | | | P-Ballet 1/2 3-5 yrs | U5-7 | | | Baby Dance 1-3 yrs | Rastal U5-18 | |
| 13.30 - 14.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14.00 - 14.30 | Jumper 24-35 mo | | Baby Dance 1-3 yrs | | U5-7 | | | Move& Groove 3-5 yrs | P-Ballet 1/2 3-5 yrs | U5-7 | U5-7 | | Martial Arts 4-7 yrs | Sports U4/5 | U5-7 | U5-7 | | Move& Groove 3-5 yrs | PP/P 5+ yrs | U5-7 | U5-7 | | Move& Groove 3-5 yrs | | U5-7 | U5-7 | Muay Thai 6+ yrs | Sports U4/5 | PP/P 5+ yrs | U8-18 | | RockFit U5-7 | Move& Groove 3-5 yrs | | U9-18 |
| 14.30 - 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15.00 - 15.30 | | Martial Arts 4-7 yrs | Sports U4/5 | | U9-18 | U4 | | Stage Studio U5-7 | PP/P 5+ yrs | U5-7 | | Rastal U5-7 | Muay Thai 6+yrs | | U5-7 | | | Stage Studio U5-7 | Rastal U5-7 | U5-7 | | | Stage Studio U5-7 | | U9-18 | U8-18 | | Stage Studio U5-7 | Gr.1 (Skill dep.) | U5-7 | U4 | Muay Thai 6+ yrs | U5-9 | Trad. Dance U7-18 | U5-7 |
| 15.30 - 16.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16.00 - 16.30 | U5-7 | Tkd. 6+ yrs | Move& Groove 3-5 yrs | | U5-7 | U5-7 | | | | U9-18 | U8-18 | K-Pop U7-18 | | | U9-18 | U8-18 | | U5-7 | Gr.1 (Skill dep.) | U9-18 | U8-18 | Martial Arts 4-7 yrs | Trad. Dance U7-18 | | U5-7 | | Martial Arts 4-7 yrs | K-Pop U7-18 | Founda-tion U8-18 | U9-18 | U5-7 | Martial Arts 4-7 yrs | | U8-18 | U9-18 |
| 16.30 - 17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17.00 - 17.30 | U8-18 | Tkd. 6+ yrs | Stage Studio U5-7 | | U9-18 | U8-18 | Rastal U8-18 | | | U9-18 | Elite | H-Hop U7-18 | | | U9-18 | Elite | | U8-18 | Rastal U8-18 | U9-18 | | Tkd. 6+ yrs | | | U9-18 | | | H-Hop U7-18 | Rastal | Elite | U8-18 | Tkd. 6+ yrs | | | U5-7 |
| 17.30 - 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18.00 - 18.30 | | Elite 6+ yrs | | | Elite U5-12 | | | | | Elite U5-10 | | | | | Elite U9-18 | | Rastal U5-9 | Rastal U5-18 | | Elite U9-18 | | Tkd. 6+ yrs | | | Elite U8-16 | | Elite 6+ yrs | | U8-18 | U5-12 | | Tkd. 6+ yrs | | | |
| 18.30 - 19.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.00 - 19.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19.30 - 20.00 | | | | | | | | | | | | | | | | | Rastal U8-18 | | | | | | | | | | | | | | | | | | |
| 20.00 - 21.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

KINDERGARTEN: Pre Primary 5 | Pre Primary 6

**INDEX:** Gymnastics | Cheerleading | Ballet | Contemporary Dance | Broadway | Basketball | Futsal | Dance | Taekwondo | Elite : up to 90 min class

PRESCHOOL : LEARN&PLAY 1 | LEARN&PLAY 2 | SMARTOLOGY 3 | SMARTOLOGY 4

KINDERGARTEN : Pre Primary 5 | Pre Primary 6

FREE TRIAL! SCAN ME

# NEW PROGRAM CLASSIFICATION & PROGRESSION

## 6 - 6 MO YRS EARLY CHILDHOOD EDUCATION

### NEW ACADEMIC
- PRE-PRIMARY 6 (5-7 YRS)
- PRE-PRIMARY 5 (5-6 YRS)
- SMARTOLOGY 4 (4-5 YRS)
- SMARTOLOGY 3 (3-4 YRS)
- LEARN & PLAY 2 (19-35 MO)
- LEARN & PLAY 1 (6-18 MO)

BEGINNER – ADVANCED

### GYMNASTICS
- TOTS GYM U4 (36-47 MO)
- JUMPER (24-35 MO)
- WALKER (12-23 MO)
- CRAWLER (6-18 MO)

BEGINNER – ADVANCED

### DANCE
- MOVE & GROOVE (3-5 YRS)
- BABY DANCE (1-3 YRS)
- BABY JAM (6-18 MO)

BEGINNER – ADVANCED

### SWIMMING
- MOM & ME ADVANCE (5-6 YRS)
- MOM & ME INTERMEDIATE (36-47 MO)
- MOM & ME BEGINNER (6-35 MO)

BEGINNER – ADVANCED

### BALLET
- PRE-BALLET 1/2 (3-5 YRS)
- BABY BALLET (2-3 YRS)

BEGINNER – ADVANCED

### YOGA
- BABY YOGA (1-3 YRS)

BEGINNER – ADVANCED

### MARTIAL ARTS
- INTRO TO MARTIAL ARTS U5-7

BEGINNER – ADVANCED

### MULTI-SPORTS
- SPORTS U5
- SPORTS U3

BEGINNER – ADVANCED

## 5 - 18 YRS ACTIVITY CLASSES

### GYMNASTICS
- ELITE GYMNASTICS
- GYMNASTICS U12-18
- GYMNASTICS U8-18
- GYMNASTICS U7-12
- KIDS GYMNASTICS U5-7

BEGINNER – ADVANCED

### BALLET
- ELITE BALLET U7-18
- INTERMEDIATE
- INTERMEDIATE FOUNDATION
- BALLET GRADE 1-5
- PRIMARY BALLET (5+ YRS)
- PRE-PRIMARY (5+ YRS)

BEGINNER – ADVANCED

### MARTIAL ARTS
- ELITE TAEKWONDO
- TAEKWONDO WHITE-BLACK (6+ YRS)
- MIXED MARTIAL ARTS (6+ YRS)
- MUAY THAI (6+ YRS)
- POOMSAE (6+ YRS)

BEGINNER – ADVANCED

### CHEERLEADING
- ELITE CHEER U13-18
- CHEER U14-18
- ELITE CHEER U8-12
- CHEER U8-14
- ELITE CHEER U5-9
- CHEER U5-9

BEGINNER – ADVANCED

### FUTSAL
- ELITE FUTSAL U14-18
- FUTSAL U14-18
- ELITE FUTSAL U12-16
- FUTSAL U12-16
- ELITE FUTSAL U9-12
- FUTSAL U9-12
- ELITE FUTSAL U7-9
- FUTSAL U7-9
- ELITE FUTSAL U5-7
- FUTSAL U5-7

BEGINNER – ADVANCED

### BASKETBALL
- ELITE BASKETBALL GIRLS U10-18
- ELITE BASKETBALL U14-18
- BASKETBALL GIRLS U14-18
- BASKETBALL U14-18
- ELITE BASKETBALL U12-16
- BASKETBALL GIRLS U12-16
- BASKETBALL U12-16
- ELITE BASKETBALL U9-12
- BASKETBALL GIRLS U9-12
- BASKETBALL U9-12
- ELITE BASKETBALL U7-9
- BASKETBALL U7-9
- ELITE BASKETBALL U5-7
- BASKETBALL U5-7

BEGINNER – ADVANCED

### TENNIS
- ELITE TENNIS U9-18
- TENNIS U9-18
- TENNIS U7-9
- ELITE TENNIS U5-9
- TENNIS U5-7

BEGINNER – ADVANCED

### SWIMMING
- ELITE SWIMMING
- STROKE DEVELOPMENT L1-UP

BEGINNER – ADVANCED

### DANCE
- ELITE CONTEMPORARY U8-18
- CONTEMPORARY LEVEL 1
- CONTEMPORARY FOUNDATION U8-18
- ELITE BROADWAY U5-18
- ELITE DANCE U12-18
- HIPHOP U10-18
- BELLY DANCE U10-18
- K-POP U10-18
- ELITE DANCE U7-12
- BREAK DANCE U7-18
- TRADITIONAL DANCE U7-18
- HIPHOP U7-10
- BELLY DANCE U7-10
- K-POP U7-10
- ELITE DANCE U5-7
- BELLY DANCE U5-7
- STAGE STUDIO U5-7

BEGINNER – ADVANCED

### NEW DREAM TEAM

**BASKETBALL**
- BASKETBALL U10
- BASKETBALL U12
- BASKETBALL U14
- BASKETBALL U16

**FUTSAL**
- FUTSAL U6
- FUTSAL U8
- FUTSAL U10
- FUTSAL U13

### ROCKFIT
- ROCKFIT U8-18
- ROCKFIT U5-7

BEGINNER – ADVANCED

### PARKOUR
- ELITE PARKOUR (7+ YRS)
- PARKOUR (7+ YRS)

BEGINNER – ADVANCED

### YOGA
- YOGA U7-18
- YOGA U5-7

BEGINNER – ADVANCED

### Elite CLASS
- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED

CHECK WITH ELITE CLASS INSTRUCTOR