

Elite : up to 90 min class



CENTRAL PARK 2 (NEO SOHO)

+6221 5086 0730

Spring Term Schedule
19th Jan until 19th Apr 2026

SCAN FOR
E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Time	Friday		Saturday		Sunday	
	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball		Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball
08.00	<div>Elite CHAMPIONSHIPS</div> <div>PERFORMING ARTS BASKETBALL FUTSAL Preschool & KINDERGARTEN GIMNASTICS BABY GYM PICKLEBALL PINGPONG ADULT19+ PARKOUR</div>								08.00						
08.30									08.30						
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10.30									10.30						
11.00									11.00						
11.30	Sports U4/5		Sports U4/5		Sports U3			Adult19+ & LADDER PLAY	11.30	Sports U3		Sports U4/5		Sports U4/5	
11.30									11.30						
12.00									12.00						
12.30			Martial Arts 4-7 yrs		RockFit U5-7		Sports U3		12.30	RockFit U5-7					
12.30									12.30						
13.00									13.00						
13.30					Sports U4/5				13.30						
13.30	Elite U5-12								13.30						
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21.00									21.00						
22.00									22.00						

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

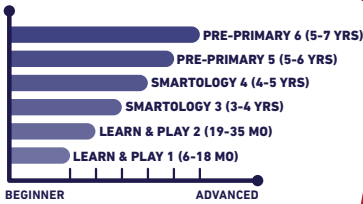
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

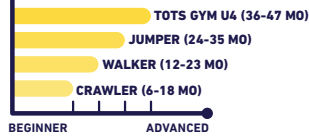
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



GYMNASTICS



DANCE



SWIMMING

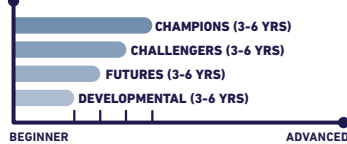


BALLET



NEW!

TENNIS



MARTIAL ARTS



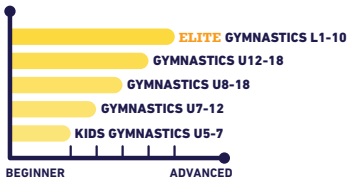
MULTI-SPORTS



5-18
YRS

ACTIVITY CLASSES

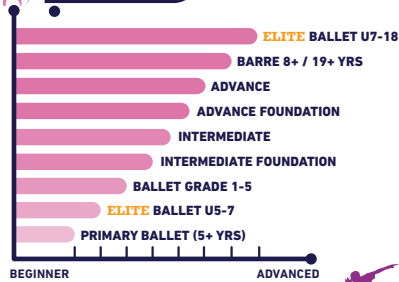
GYMNASTICS



SWIMMING



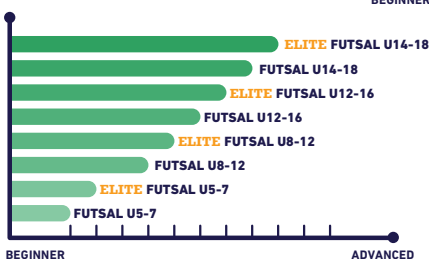
BALLET



CHEERLEADING



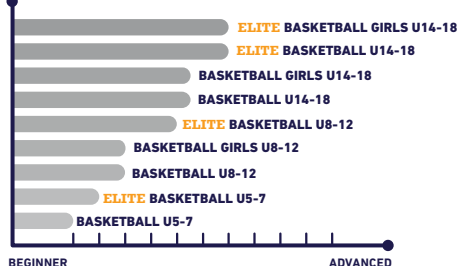
FUTSAL



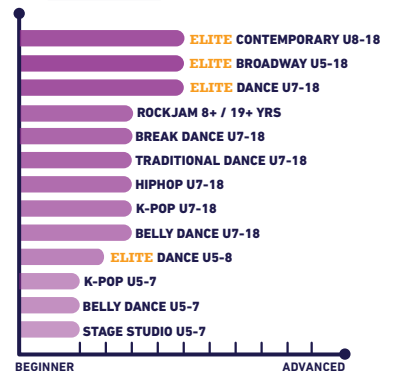
PARKOUR



BASKETBALL

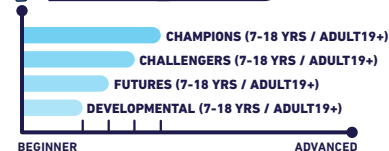


DANCE



NEW!

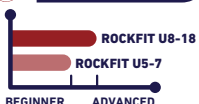
PICKLEBALL



PING PONG



ROCKFIT



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

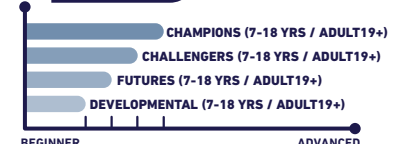


MARTIAL ARTS



NEW!

TENNIS





CENTRAL PARK 2 (NEO SOHO)

+6221 5086 0730

Classes take place at the



JAKARTA CENTRAL PARK

SCAN FOR
E-SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman
09.00							
09.30							
09.30							
10.00							
10.00							
10.30				Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo
10.30							
11.00							
11.00							
11.30						Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs
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				Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs
15.30							
15.30				Swim Mom & Me L3 5-6 yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs
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							

ARRIVAL & CLASS ENTRY:

1. Arrive at Pullman Hotel Central Park - Enter through the main entrance & take the elevator.
2. Go to Level 1 at FIT&SPA.
3. Begin check-in at the Registration Desk handled by Hotel Staff.
4. Walk through the Area - Look for the staircase. Take the stairs to the L Floor - This leads directly to the Swimming Pool.
5. Changing rooms & Shower are available on Level 1 & at the pool area.
6. Bring your ID Card & tap at the pool entrance, where our Instructor & Class Assistant will welcome you.
7. Enjoy the Class!

Class Rules:

1. Only pre-registered students are allowed to join the class.
2. No walk-ins will be accepted.

CLASS REGISTRATION REQUIRED! PLEASE CONTACT ACADEMY MANAGER!

PROGRAM CLASSIFICATION & PROGRESSION

6 mo - 6 yrs



SWIMMING



5 - 18 yrs



SWIMMING



SWIMMING POOL RULES HEALTH RULES:

- 1.** Please wear proper swimming attire. No nudity allowed.
- 2.** Swimmers are requested to shower before using the swimming pool.
- 3.** No cloth or disposable diapers will be allowed in the water.
- 4.** No one with open sores or wearing bandages/band aids should enter the pool.
- 5.** No one shall use the swimming pool while knowingly suffering from any contagious or skin disease.
- 6.** No gum. No spitting. No food or drinks are to be taken into the water.
- 7.** Only food and beverage served by the hotel may be consumed within the designated pool areas.
- 8.** Please put litter in proper receptacles.

SAFETY RULES:

- 1.** Children under 12 years old must be accompanied by an adult, who shall be responsible for their safety.
- 2.** No pets allowed.
- 3.** Nobody is allowed to swim when there is heavy-rain, thunderstorms or lightning. The swimming pool will be closed during these inclement conditions.
- 4.** Guests using the swimming pool do so at their own risk. The hotel is not responsible for any injury or accident sustained by guests.
- 5.** Guests are reminded not to leave their valuables unattended.
- 6.** No diving allowed and no dunking or throwing people in the pool.

Please use the swimming pool at your own risk. No lifeguard on duty.



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Spring Term Schedule

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ADULT19+

SCAN FOR
E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball	Sports	Tennis & Pickleball
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.

INDEX: Pickleball