



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									08.00						
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10.00							10.00								
10.30			Sports U3				10.30								
10.30							10.30								
11.00							11.00								
11.00							11.00								
11.30	Sports U4/5				Sports U3		11.30			Sports U3		Sports U4/5		Sports U4/5	
11.30							11.30								
12.00							12.00								
12.00							12.00								
12.30			Martial Arts 4-7 yrs		RockFit U5-7		12.30	Sports U3		RockFit U5-7					
12.30							12.30								
13.00							13.00								
13.00							13.00								
13.30					Sports U4/5		13.30					Basketball U5-7		Tennis 3-6 yrs	
13.30	Elite						13.30								
14.00	Soccer U5-12				Soccer U5-7		14.00					Basketball U8-16		Tennis 7+ yrs	
14.00					Tennis 3-6 yrs		14.00							Soccer U5-7	
14.30							14.30							Tennis 3-6 yrs	
14.30							14.30								
15.00							15.00								
15.00	Soccer U5-7		Tennis 3-6 yrs		Basketball U5-7		15.00	Basketball U5-7		Soccer U5-7		Soccer U5-7		Soccer U8-18	
15.30							15.30								
15.30							15.30								
16.00							16.00								
16.00	Basketball U5-7				Martial Arts 4-7 yrs		16.00	Soccer U7-16		Tennis 3-6 yrs		Soccer U8-18		Basketball U8-18	
16.30							16.30								
16.30							16.30								
17.00							17.00								
17.00	Basketball U9-16		Tennis 7+ yrs		Elite		17.00	Elite		Tennis 7+ yrs		Elite		Basketball Girls U8-18	
17.30					Tennis 7+ yrs		17.30					Ladder Play			
17.30							17.30								
18.00	Soccer U7-16				Basketball U8-18		18.00	Soccer U5-12		Tennis 7+ yrs				Elite	
18.00							18.00								
18.30							18.30								
18.30							18.30								
19.00					Basketball U8-18		19.00			Adult 19+ & Ladder Play		Elite		Basketball U7-18	
19.00							19.00								
19.30							19.30								
19.30							19.30								
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21.00							21.00								
21.00							21.00								
22.00							22.00								

Registration Opens
April 2026

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

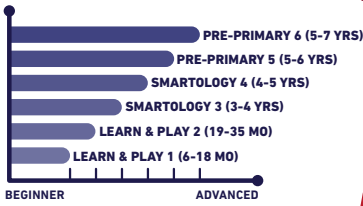
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

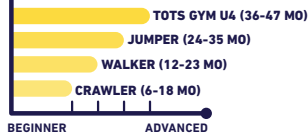
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



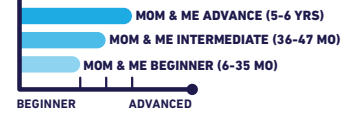
GYMNASTICS



DANCE



SWIMMING

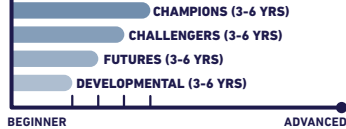


BALLET



NEW!

TENNIS



MARTIAL ARTS



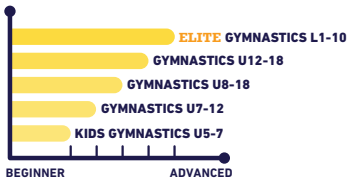
MULTI-SPORTS



5-18
YRS

ACTIVITY CLASSES

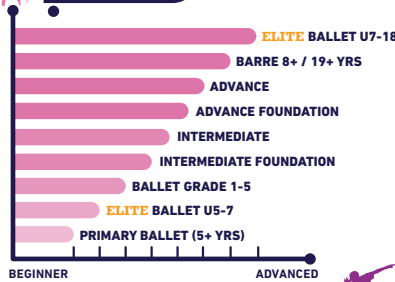
GYMNASTICS



SWIMMING



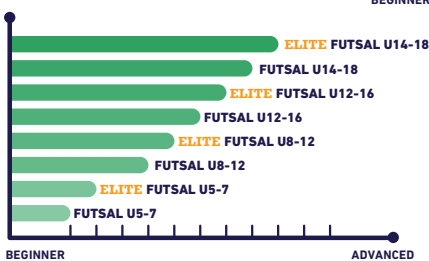
BALLET



CHEERLEADING



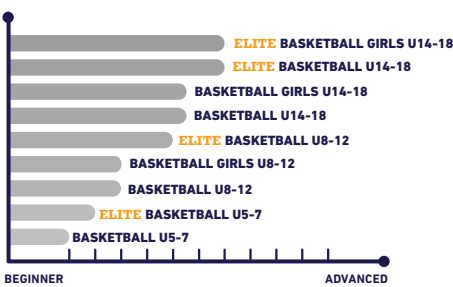
FUTSAL



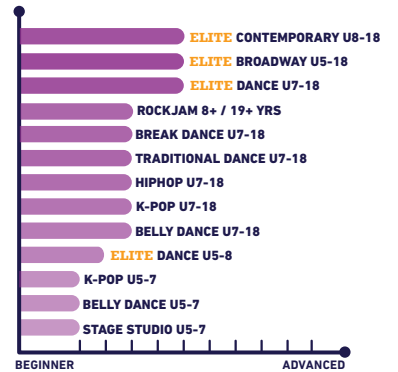
PARKOUR



BASKETBALL

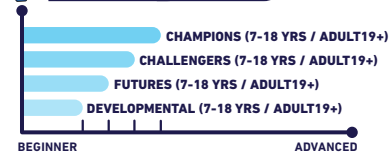


DANCE



NEW!

PICKLEBALL

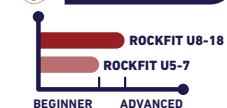


NEW!

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



CENTRAL PARK 2 (NEO SOHO)

+6221 5086 0730

Classes take place at the



SCAN FOR
E-SCHEDULE



Time	Monday Swimming Pool Pullman	Tuesday Swimming Pool Pullman	Wednesday Swimming Pool Pullman	Thursday Swimming Pool Pullman	Friday Swimming Pool Pullman	Saturday Swimming Pool Pullman	Sunday Swimming Pool Pullman							
09.00	<div style="border: 1px solid black; padding: 10px; background-color: #e0f2f1;"> <p>ARRIVAL & CLASS ENTRY:</p> <ol style="list-style-type: none"> 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! </div>													
09.30														
10.00														
10.00											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													Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs
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14.00	Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo											
14.30														
14.30														
15.00														
15.00	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs	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														
16.00	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs							
16.00														
16.30														
16.30														
17.00	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs											
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**EXCLUSIVELY FOR ROCKSTAR STUDENTS OF CENTRAL PARK 2, LIPPO MALL PURI, PLUIT VILLAGE & GAJAH MADA PLAZA!
NO PRE-REGISTRATION REQUIRED!**

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
19th Jan until 19th Apr 2026

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
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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.

Adult19+ & LADDER PLAY

Adult19+ MATCH PLAY

Adult19+ & LADDER PLAY

Adult19+ & LADDER PLAY

Adult19+ & LADDER PLAY

INDEX: Pickleball