





# CENTRAL PARK 2 (NEO SOHO)

+6221 5086 0730

## Summer Term Schedule

20<sup>th</sup> Apr until 19<sup>th</sup> Jul 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
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INDEX: Basketball | Futsal | Tennis | Pickleball | **Elite**: up to 90 min class

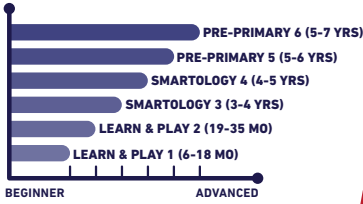
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

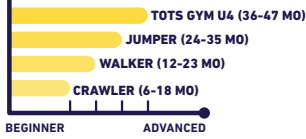
## EARLY CHILDHOOD EDUCATION

**NEW!**

### ACADEMIC



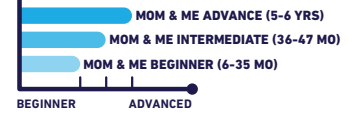
### GYMNASTICS



### DANCE



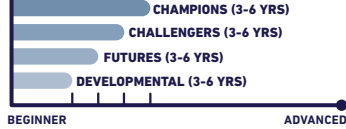
### SWIMMING



### BALLET



### TENNIS



### MARTIAL ARTS



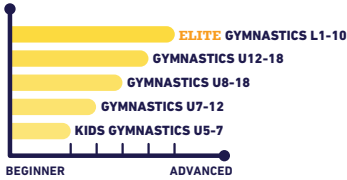
### MULTI-SPORTS



**5-18**  
YRS

## ACTIVITY CLASSES

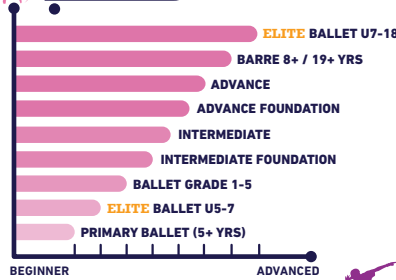
### GYMNASTICS



### SWIMMING



### BALLET



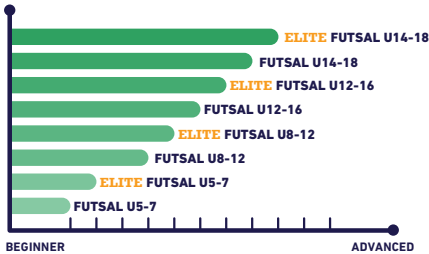
### CHEERLEADING



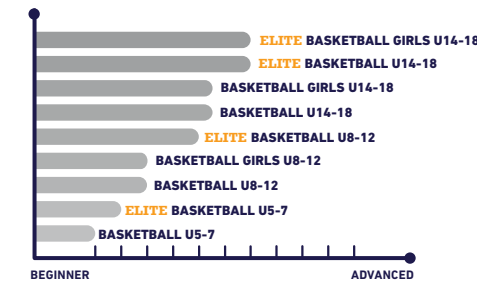
### PARKOUR



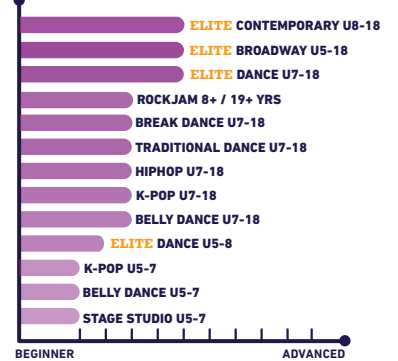
### FUTSAL



### BASKETBALL

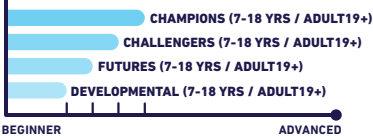


### DANCE



**NEW!**

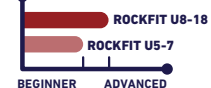
### PICKLEBALL



### PING PONG



### ROCKFIT



### NEW DREAM TEAM

**BASKETBALL**

U10 | U12 | U14 | U16

**FUTSAL**

U6 | U8 | U10 | U13

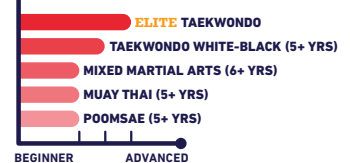
**GYMNASTICS**

LEVEL 3-10

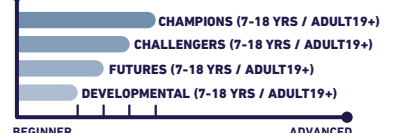


- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED
- CHECK WITH ELITE CLASS INSTRUCTOR

### MARTIAL ARTS



### TENNIS





**CENTRAL PARK 2  
(NEO SOHO)**

+6221 5086 0730

Classes take place at the



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							
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## 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!



**ALL ROCKSTAR ACADEMY STUDENTS ARE WELCOME TO JOIN! 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.



# CENTRAL PARK 2 (NEO SOHO)

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Summer Term Schedule  
20<sup>th</sup> Apr until 19<sup>th</sup> Jul 2026

## ADULT19+

SCAN FOR  
E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball	Studio	Tennis & Pickleball
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# 30 Days

## Free Trial for ADULT19+

Ajak teman, rekan kerja, atau anggota keluarga anda untuk menikmati 30 hari Kelas Gratis! Penawaran ini berlaku selama Summer Term 2026 & anda diharuskan untuk hadir pada saat penukaran.

Adult19+ & LADDER PLAY

Adult19+ MATCH PLAY

Rock Jam Adult19+

Adult19+ & LADDER PLAY

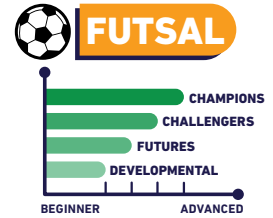
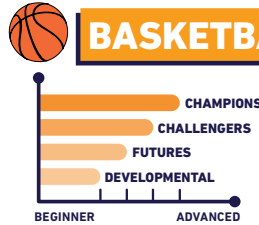
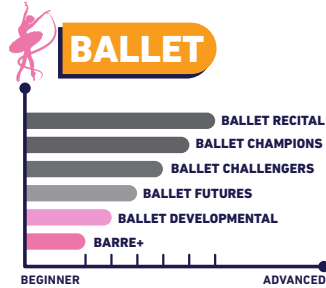
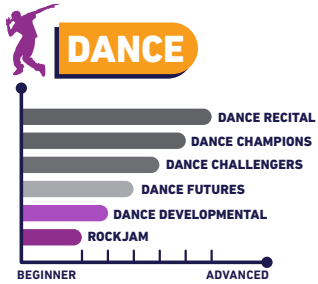
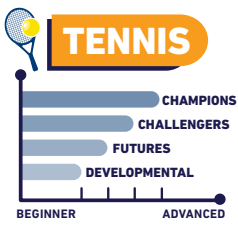
Adult19+ & LADDER PLAY

Adult19+ & LADDER PLAY

INDEX: Pickleball

# 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.