

FOR PRESCHOOL & KINDERGARTEN CLASSES ARE AN ADDITIONAL FEE. PLEASE CONTACT STUDENT ADVISOR!



CENTRAL PARK 2 (NEO SOHO)

+6221 5086 0730

Winter Term Schedule
19th Oct 2026 until 17th Jan 2027

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	PERFORMING ARTS Preschool & KINDERGARTEN BASKETBALL FUTSAL ADULT19+ Elite CHAMPIONSHIPS GIMNASTICS BABY GYM PARKOUR TENNIS PINGPONG PICKLEBALL								08.00						
08.30									08.30						
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10.30									10.30						
11.00									11.00						
11.00			Sports U3						11.00						
11.30									11.30						
11.30	Sports U4/5		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					RockFit U5-7		Sports U3		12.30						
12.30									12.30						
13.00									13.00						
13.00									13.00						
13.30					Sports U4/5				13.30						
13.30	Elite		Elite						13.30						
14.00	U5-12	3-6 yrs	U5-9		U5-7	3-6 yrs			14.00			U5-7	3-6 yrs	U5-7	
14.00									14.00						
14.30									14.30						
14.30									14.30			U8-16	7+ yrs	U5-7	3-6 yrs
15.00									15.00						
15.00	U5-7		U5-7	3-6 yrs	U5-7		U5-7	3-6 yrs	15.00	U5-7		U5-7	7+ yrs		7+ yrs
15.30									15.30						
16.00									16.00	U5-7	3-6 yrs	U5-7	7+ yrs	U8-18	
16.00	U5-7		U9-18	7+ yrs		7+ yrs	U9-18	7+ yrs	16.00	U7-16		U8-18	7+ yrs	U8-18	
16.30									16.30						
16.30									16.30	U7-16	3-6 yrs	U8-18	7+ yrs	U8-18	
17.00									17.00	Elite	7+ yrs	Elite	7+ yrs	Girls U8-18	
17.00	U9-16	7+ yrs	Elite	7+ yrs	U5-9	7+ yrs			17.30	U5-12	7+ yrs	U7-12		Elite	
17.30									17.30						
18.00									18.00						
18.00	U7-16				Elite	7+ yrs			18.00						
18.30									18.30						
18.30					U8-18	7+ yrs			18.30						
19.00									19.00						
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21.00									21.00						
21.00									21.00						
22.00									22.00						

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

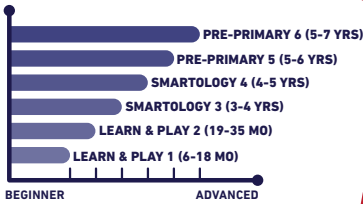
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

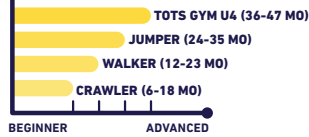
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



GYMNASTICS



DANCE



SWIMMING

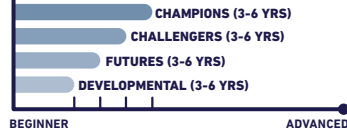


BALLET



NEW!

TENNIS



MARTIAL ARTS



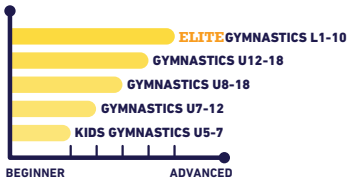
MULTI-SPORTS



5-18
YRS

ACTIVITY CLASSES

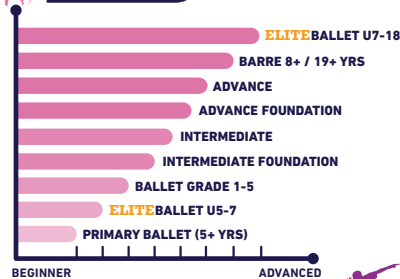
GYMNASTICS



SWIMMING



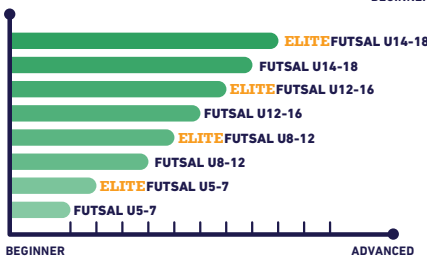
BALLET



CHEERLEADING



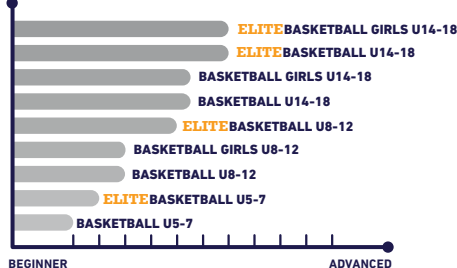
FUTSAL



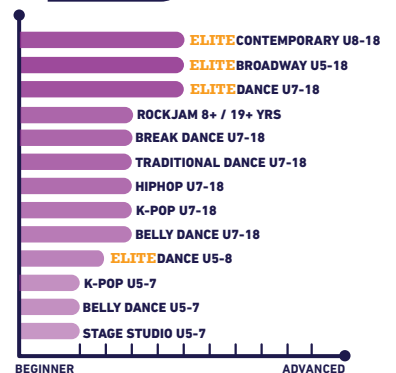
PARKOUR



BASKETBALL

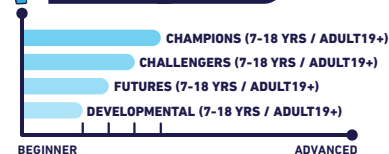


DANCE



NEW!

PICKLEBALL



NEW

DREAM TEAM

BASKETBALL



U10 | U12 | U14 | U16

FUTSAL



U6 | U8 | U10 | U13

GYMNASTICS



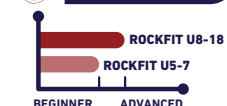
LEVEL 3-10

NEW!

PING PONG



ROCKFIT



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

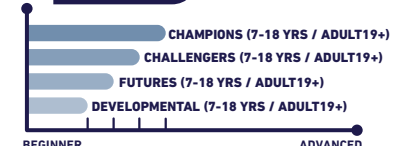


MARTIAL ARTS



NEW!

TENNIS





CENTRAL PARK 2 (NEO SOHO)

+6221 5086 0730

Classes take place at the

pullman
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	ARRIVAL & CLASS ENTRY: - Arrive at Pullman Hotel Central Park - Enter through the main entrance & take the elevator. - Go to Level 1 at FIT&SPA. - Begin check-in at the Registration Desk handled by Hotel Staff. - Walk through the Area - Look for the staircase. Take the stairs to the L Floor - This leads directly to the Swimming Pool. - Members should only use restroom & shower beside the pool area. - Bring your ID Card & tap at the pool entrance, where our Instructor & Class Assistant will welcome you.						
09.30							
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
11.00						Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs
11.30							
12.00							
12.30							
13.00							
13.30							
14.00							
14.30					Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs
15.00					Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs
15.30							NEW Stroke Development L2 Skills Dep.
16.00							
16.30							
17.00							
17.30							
18.00							
18.30							
19.00							

ALL ROCKSTAR ACADEMY STUDENTS ARE WELCOME TO JOIN! NO PRE-REGISTRATION REQUIRED!

PROGRAM CLASSIFICATION & PROGRESSION

6 mo - 35 yrs



SWIMMING



4 - 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.

FACILITY USAGE GUIDE:

1. Members may use the toilet and shower facilities located beside the pool only. Other restrooms are not permitted.
2. Students who wish to extend their swim time may do so for up to 15 minutes after class. For usage beyond 15 minutes, parents are required to:
 - Purchase F&B with a minimum spend of IDR 200,000, or
 - Purchase a daily swimming pool pass.

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



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Winter Term Schedule
19th Oct 2026 until 17th Jan 2027

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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ADULT19+ Free Trial

**Parents of RockStar Students:
30 Days FREE**

**Guests & New Members:
7 Days FREE**

Adult19+
&
**LADDER
PLAY**

Adult19+
**MATCH
PLAY**

Adult19+
&
**LADDER
PLAY**

Adult19+
&
**LADDER
PLAY**

Adult19+
&
**LADDER
PLAY**

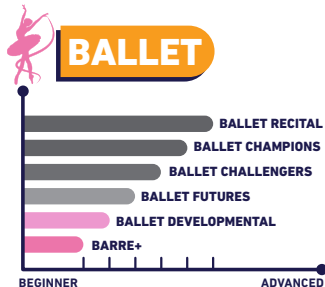
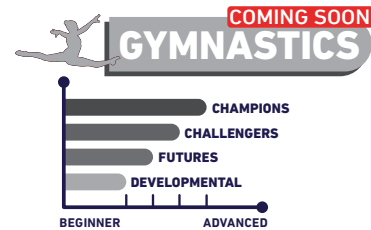
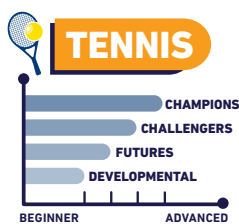
INDEX:



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.