CENTRAL PARK 2 (NEO SOHO)

+6221 5086 0730

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED 16 NOVEMBER 2026

SCAN FOR E-SCHEDULE

PERFORMING ARTS · Preschool & KINDERGARTEN · BASKETBALL · FUTSAL · ADULT19+ · Elite CHAMPIONSHIPS · GIMNASTICS · BABY GYM · PARKOUR · TENNIS · PINGPONG · PICKLEBALL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.00 - 07.00							
07.00 - 08.00							
08.00 - 08.30							
08.30 - 09.00							
09.00 - 09.30	Pre Primary 5&6 5-7 yrs	LEARN & PLAY 1 6-18 mo	Pre Primary 5&6 5-7 yrs	LEARN & PLAY 1 6-18 mo	Pre Primary 5&6 5-7 yrs	LEARN & PLAY 1 6-18 mo	Pre Primary 5&6 5-7 yrs	Elite U5-9		
09.30 - 10.00										
10.00 - 10.30	U4	Jumper 24-35 mo	LEARN & PLAY 2 19-35 mo	Jumper 24-35 mo	LEARN & PLAY 2 19-35 mo	Crawler 6-18 mo	LEARN & PLAY 2 19-35 mo	Jumper 24-35 mo	Walker 12-23 mo	Sports U3	Walker 12-23 mo
10.30 - 11.00											
11.00 - 11.30	SMART OLOGY 3 3-4 yrs	Jumper 24-35 mo	Baby Dance 1-3 yrs	U4	Baby Dance 1-3 yrs	Jumper 24-35 mo	Baby Dance 1-3 yrs	Walker 12-23 mo	Move& Groove 3-5 yrs	SMART OLOGY 3 3-4 yrs	Crawler 6-18 mo	Elite U8-18	Baby Dance 1-3 yrs	Baby Dance 1-3 yrs
11.30 - 12.00														
12.00 - 12.30	U5-7	Walker 12-23 mo	LEARN & PLAY 2 19-35 mo	Martial Arts 4-7 yrs	SMART OLOGY 4 4-5 yrs	Walker 12-23 mo	LEARN & PLAY 2 19-35 mo	SMART OLOGY 4 4-5 yrs	Walker 12-23 mo	Martial Arts 4-7 yrs	SMART OLOGY 4 4-5 yrs	Baby Dance 1-3 yrs	SMART OLOGY 4 4-5 yrs	Jumper 24-35 mo	Move& Groove 3-5 yrs	U4	P-Ballet 3-5 yrs
12.30 - 13.00	SMART OLOGY 4 4-5 yrs																
13.00 - 13.30	Walker 12-23 mo	U4	Baby Dance 1-3 yrs	Move& Groove 3-5 yrs	U4	Baby Dance 1-3 yrs	U4	Baby Dance 1-3 yrs	RockFit U5-7	U4	K-Pop U7-18	Jumper 24-35 mo	Move& Groove 3-5 yrs
13.30 - 14.00														
14.00 - 14.30	U4	Baby Dance 1-3 yrs	Move& Groove 3-5 yrs	Sports U4/5	U4	Baby 2-3 yrs	U5-7	Sports U4/5	Sports U4/5	U5-7	H-Hop U7-18			
14.30 - 15.00														
15.00 - 15.30	Jumper 24-35 mo	Tkd. 5+ yrs	Move& Groove 3-5 yrs	U5-7	Elite U5-7	U5-7	Move& Groove 3-5 yrs	Muay Thai 5+ yrs	P-Ballet 3-5 yrs	Elite U5-18	Move& Groove 3-5 yrs	U8-18	Move& Groove 3-5 yrs	U8-18	Martial Arts 4-7 yrs	U5-7	
15.30 - 16.00																	
16.00 - 16.30	U5-9	Martial Arts 4-7 yrs	U5-7	K-Pop U5-7	Elite U7-18	HOME WORK HELPER Gr. 1-3	U8-18	Stage Studio U5-7	Martial Arts 4-7 yrs	Primary 5+ yrs	HOME WORK HELPER Gr. 1-3	U8-18	Muay Thai 5+ yrs	Stage Studio U5-7	H-Hop U7-18	U5-7	Tkd. 5+ yrs	U8-18	Martial Arts 4-7 yrs
16.30 - 17.00																	
17.00 - 17.30	U5-7	U8-16	Tkd. 6+ yrs	U8-18	Elite U5-8	Elite U7-18	Parkour 7+ yrs	H-Hop U7-18	Elite	Elite	Tkd. 5+ yrs	H-Hop U7-18	Parkour 7+ yrs	Elite	Tkd. 6+ yrs	Muay Thai 5+ yrs
17.30 - 18.00																
18.00 - 18.30	U8-18	Elite U5-9	Elite 6+ yrs	Elite	Gr.1-3 (Skill dep.)	Elite	Gr.1/2 (Skill dep.)	Poom-sae 5+ yrs	Elite U8-18	Poom-sae 5+ yrs
18.30 - 19.00																	
19.00 - 19.30																	
19.30 - 20.00																	
20.00 - 20.30																	
20.30 - 21.00																	

INDEX:

PRESCHOOL : LEARN&PLAY1 · LEARN&PLAY2 · SMARTOLOGY3 · SMARTOLOGY4 · KINDERGARTEN : Primary 5 · Primary 6

Gymnastics · Cheerleading · Ballet · Broadway · Basketball · Futsal · Dance · Taekwondo · Elite : up to 90 min class

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

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SCAN FOR E-SCHEDULE

PERFORMING ARTS · Preschool & KINDERGARTEN · BASKETBALL · FUTSAL · ADULT19+

Elite CHAMPIONSHIPS

GYMNASTICS · BABY GYM · PARKOUR · TENNIS · PINGPONG · PICKLEBALL

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 - 08.30												Adult19+ MATCH PLAY		
08.30 - 09.00														
09.00 - 09.30														
09.30 - 10.00														
10.00 - 10.30			Sports U3					Adult19+ & LADDER PLAY						
10.30 - 11.00														
11.00 - 11.30	Sports U4/5		Sports U4/5		Sports U3				Sports U3		Sports U4/5		Sports U4/5	
11.30 - 12.00														
12.00 - 12.30					RockFit U5-7		Sports U3							
12.30 - 13.00														
13.00 - 13.30					Sports U4/5						U5-7	3-6 yrs	U5-7	
13.30 - 14.00	Elite U5-12	3-6 yrs	Elite U5-9		U5-7	3-6 yrs								
14.00 - 14.30											U8-16	7+ yrs	U5-7	3-6 yrs
14.30 - 15.00														
15.00 - 15.30	U5-7		U5-7	3-6 yrs	U5-7		U5-7	3-6 yrs	U5-7		U5-7	7+ yrs		7+ yrs
15.30 - 16.00														
16.00 - 16.30	U5-7		U9-18	7+ yrs		7+ yrs	U9-18	7+ yrs	U7-16	3-6 yrs	U8-18	Adult19+ & LADDER PLAY	U8-18	
16.30 - 17.00					Elite U5-9									
17.00 - 17.30	U9-16	7+ yrs	Elite U5-12	7+ yrs		7+ yrs			Elite U5-12	7+ yrs	Elite U7-12		Girls U8-18	
17.30 - 18.00														
18.00 - 18.30	U7-16				Elite U8-18	Adult19+ & LADDER PLAY				Adult19+ & LADDER PLAY			Elite U7-18	
18.30 - 19.00											Elite U8-18			
19.00 - 19.30														
19.30 - 20.00														
20.00 - 20.30														
20.30 - 21.00														
21.00 - 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
- 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
- ELITE DANCE U5-8
- 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
- ELITE BALLET U5-7
- PRE-BALLET (3-5 YRS)
- BABY BALLET (2-3 YRS)

BEGINNER — ADVANCED

NEW! TENNIS
- CHAMPIONS (3-6 YRS)
- CHALLENGERS (3-6 YRS)
- FUTURES (3-6 YRS)
- DEVELOPMENTAL (3-6 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 L1-10
- GYMNASTICS U12-18
- GYMNASTICS U8-18
- GYMNASTICS U7-12
- KIDS GYMNASTICS U5-7

BEGINNER — ADVANCED

SWIMMING
- ELITE SWIMMING
- STROKE DEVELOPMENT L1-UP

BEGINNER — ADVANCED

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

BEGINNER — ADVANCED

BALLET
- ELITE BALLET U7-18
- BARRE 8+ / 19+ YRS
- ADVANCE
- ADVANCE FOUNDATION
- INTERMEDIATE
- INTERMEDIATE FOUNDATION
- BALLET GRADE 1-5
- ELITE BALLET U5-7
- PRIMARY BALLET (5+ YRS)

BEGINNER — ADVANCED

CHEERLEADING
- ELITE CHEER U13-18
- CHEER U13-18
- ELITE CHEER U8-12
- CHEER U8-12
- 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 U8-12
- FUTSAL U8-12
- ELITE FUTSAL U5-7
- FUTSAL U5-7

BEGINNER — ADVANCED

BASKETBALL
- ELITE BASKETBALL GIRLS U14-18
- ELITE BASKETBALL U14-18
- BASKETBALL GIRLS U14-18
- BASKETBALL U14-18
- ELITE BASKETBALL U8-12
- BASKETBALL GIRLS U8-12
- BASKETBALL U8-12
- ELITE BASKETBALL U5-7
- BASKETBALL U5-7

BEGINNER — ADVANCED

DANCE
- ELITE CONTEMPORARY U8-18
- ELITE BROADWAY U5-18
- ELITE DANCE U7-18
- ROCKJAM 8+ / 19+ YRS
- BREAK DANCE U7-18
- TRADITIONAL DANCE U7-18
- HIPHOP U7-18
- K-POP U7-18
- BELLY DANCE U7-18
- ELITE DANCE U5-8
- K-POP U5-7
- BELLY DANCE U5-7
- STAGE STUDIO U5-7

BEGINNER — ADVANCED

NEW! PICKLEBALL
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

NEW DREAM TEAM

BASKETBALL	FUTSAL	GYMNASTICS
U10 | U12 | U14 | U16	U6 | U8 | U10 | U13	LEVEL 3-10

MARTIAL ARTS
- ELITE TAEKWONDO
- TAEKWONDO WHITE-BLACK (5+ YRS)
- MIXED MARTIAL ARTS (6+ YRS)
- MUAY THAI (5+ YRS)
- POOMSAE (5+ YRS)

BEGINNER — ADVANCED

NEW! PING PONG
- PING PONG ADULT19+
- PING PONG U8-18
- PING PONG U5-7

BEGINNER — ADVANCED

NEW! TENNIS
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

ROCKFIT
- ROCKFIT U8-18
- ROCKFIT U5-7

BEGINNER — ADVANCED

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

CENTRAL PARK 2 (NEO SOHO)

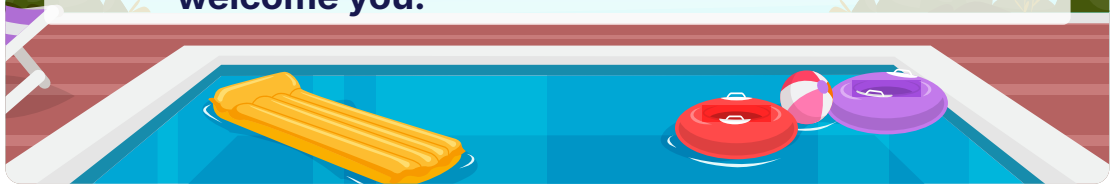
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Classes take place at the pullman JAKARTA CENTRAL PARK

SCAN FOR E-SCHEDULE

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. Members should only use restroom & shower beside the pool area.
6. Bring your ID Card & tap at the pool entrance, where our Instructor & Class Assistant will welcome you.



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
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					Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs
14.30 - 15.00							
15.00 - 15.30					Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs
15.30 - 16.00							NEW
16.00 - 16.30							Stroke Development L2 Skills Dep.
16.30 - 17.00							
17.00 - 17.30							
17.30 - 18.00							
18.00 - 18.30							
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 swim pool pass.
3. Each student may be accompanied by a maximum of 2 adults. Additional family members may access the pool for up to 2 hours at special rates:
   - Children: IDR 75,000 net/person
   - Adults: IDR 150,000 net/person

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

CENTRAL PARK 2 (NEO SOHO)

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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
08.00 - 08.30														
08.30 - 09.00														
09.00 - 09.30														
09.30 - 10.00														
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20.00 - 20.30														
20.30 - 21.00														
21.00 - 21.30														
21.30 - 22.00														

Adult19+ MATCH PLAY — Saturday, Tennis & Pickleball, 08.00 - 09.30

Adult19+ & LADDER PLAY — Thursday, Tennis & Pickleball, 10.00 - 12.00

Adult19+ & LADDER PLAY — Saturday, Tennis & Pickleball, 16.00 - 18.00

Adult19+ & LADDER PLAY — Wednesday, Tennis & Pickleball, 18.00 - 20.00

Adult19+ & LADDER PLAY — Friday, Tennis & Pickleball, 18.00 - 20.00

ADULT19+ Free Trial

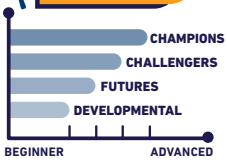
Parents of RockStar Students:
30 Days FREE

Guests & New Members:
7 Days FREE

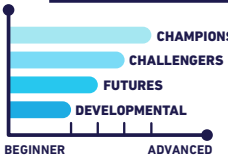
INDEX: Pickleball

NEW PROGRAM CLASSIFICATION & PROGRESSION

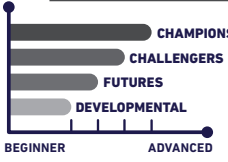
ADULT19+

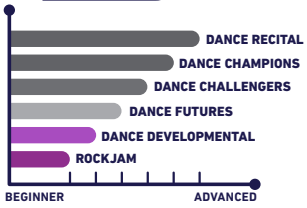
TENNIS


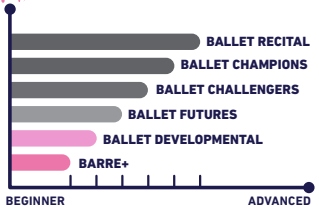
PICKLEBALL


SWIMMING


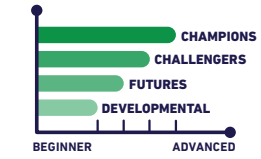
GYMNASTICS
COMING SOON

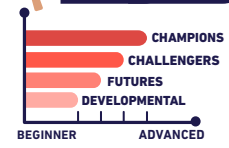


DANCE


BALLET


BASKETBALL


FUTSAL


PING PONG


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

Events & Competitions:

Elite CHAMPIONSHIPS

Termly Competition where teams of equal skill divisions compete against each other.

Dance Recital — **Ballet & Contemporary Recital**

An Annual stage showcase featuring variety of arts performed in front of an audience.

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 Adult19+	*: 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.*