



GANDARIA CITY
☎ +6221 2900 8081

Fall Term Schedule
20th Jul until 18th Oct 2026

**SCAN FOR
E-SCHEDULE**



Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4
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Elite
CHAMPIONSHIPS

BASKETBALL **FUTSAL**
Preschool & KINDERGARTEN
GIMNASTICS BABY GYM
PICKLEBALL PINGPONG
ADULTS+ PARKOUR

INDEX:

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



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Time	Monday Sports	Tuesday Sports	Wednesday Sports	Thursday Sports	Time	Friday Sports	Saturday Sports	Sunday Sports
09.00					09.00			
09.30					09.30			
09.30					09.30			
10.00					10.00			
10.00					10.00			
10.30					10.30			
10.30	Sports U3				10.30			
11.00					11.00			
11.00					11.00			
11.30					11.30			
11.30			Sports U3	Sports U4/5	11.30	Sports U4/5	Sports U3	
12.00					12.00			
12.00					12.00			
12.30					12.30			
12.30		Sports U3	Sports U4/5		12.30	Sports U3		
13.00					13.00			
13.00					13.00			
13.30	Sports U4/5			Sports U4/5	13.30			
13.30					13.30			
14.00					14.00			
14.00					14.00			
14.30					14.30			
14.30	U5-7		U5-7	U5-7	14.30	Sports U4/5		
15.00					15.00			
15.00	U5-7		U5-9	U5-7	15.00	U5-7		
15.30		U5-7		U5-7	15.30	U5-7		
15.30					15.30			
16.00	U8-18	U8-18	U8-18	U8-18	16.00	U5-12		
16.00					16.00			
16.30					16.30			
16.30					16.30			
17.00	U8-18	U8-18		U8-18	17.00	U8-18		
17.00					17.00			
17.30					17.30			
17.30					17.30			
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20.00					20.00			
20.00					20.00			
20.30					20.30			
20.30					20.30			
21.00					21.00			
21.00					21.00			
21.30					21.30			

FREE PLAY
Available in Sports Court
whenever there are no classes or
Private Instructions scheduled!

Elite
 U5-12
 U7-16
 U5-12
 U5-7
 U8-18

Elite
 U5-9
 U5-9
 U8-18
 U5-7
 U7-16
Elite
 U5-12

Elite
 U5-7
 U5-9
 U8-18
 U5-12
 U7-16
Elite
 U8-16
 U7-16

INDEX: Basketball Futsal

Elite
CHAMPIONSHIPS
BASKETBALL FUTSAL
Preschool & KINDERGARTEN
GIMNASTICS BABY GYM
PICKLEBALL PINGPONG
ADULT 19+ PARKOUR

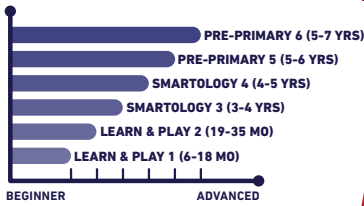
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

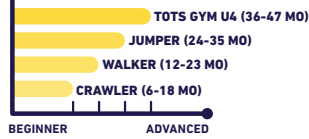
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



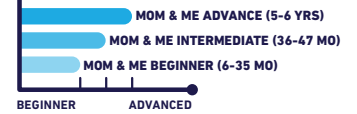
GYMNASTICS



DANCE



SWIMMING

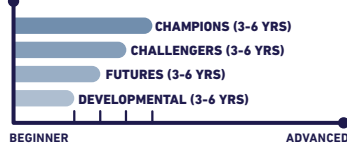


BALLET



NEW!

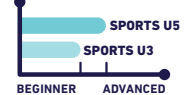
TENNIS



MARTIAL ARTS



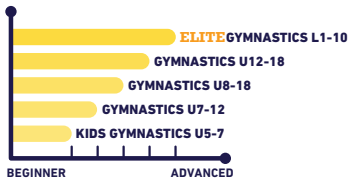
MULTI-SPORTS



5-18
YRS

ACTIVITY CLASSES

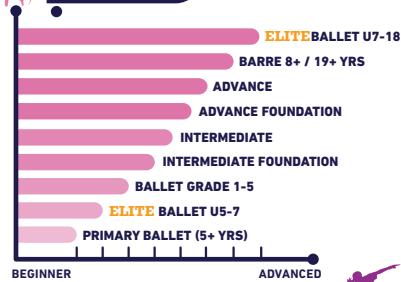
GYMNASTICS



SWIMMING



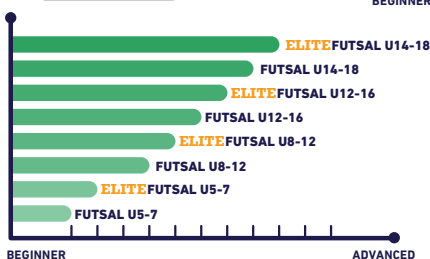
BALLET



CHEERLEADING



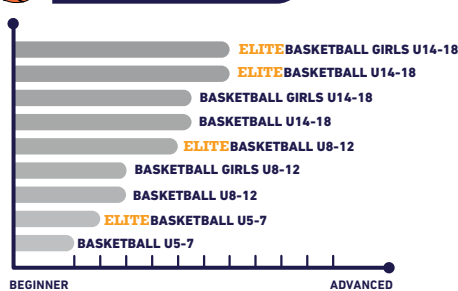
FUTSAL



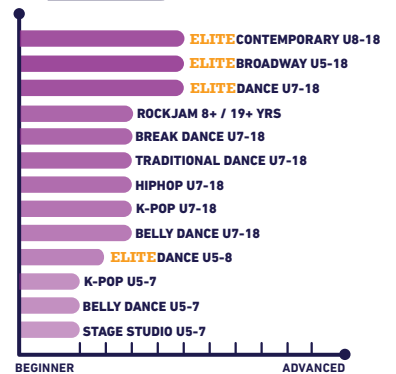
PARKOUR



BASKETBALL

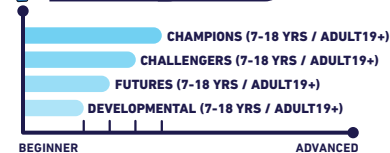


DANCE



NEW!

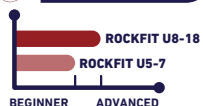
PICKLEBALL



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





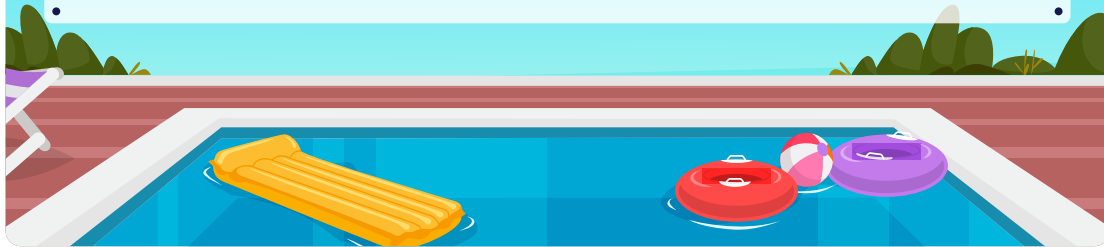
GANDARIA CITY
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**Classes take
place at the**



**SCAN FOR
E-SCHEDULE**



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Pool Sheraton Gandaria City	Pool Sheraton Gandaria City	Pool Sheraton Gandaria City	Pool Sheraton Gandaria City	Pool Sheraton Gandaria City	Pool Sheraton Gandaria City	Pool Sheraton Gandaria City
09.00	ARRIVAL & CLASS ENTRY: 1. Arrive at Sheraton Gandaria City Hotel - Head to the main Lobby. 2. Present your RockStar Member Card to the Hotel Concierge. 3. Take the Elevator to Level 6 – go straightly to the pool area. 4. Members should only use restroom & shower beside the pool area. 5. Present your RockStar Member Card to Instructor & Class Assistant will at the pool entrance. 6. Enjoy the Class! 					Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo
09.30							
10.00						Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs
10.30							
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 L1 6-35 mo		
15.00							
15.30					Swim Mom & Me L2 3-4 yrs		
16.00							
16.30					Swim Mom & Me L3 5-6 yrs		
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 - 6 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 are required to follow all pool regulations from Sheraton Gandaria City Hotel and instructions from Rockstar coaches.
2. Rockstar students are only allowed to remain in the swimming pool area for a maximum of 15 min after their swimming session has ended, unless an additional pool access IDR 150,000 net / person has been purchased. Parents are kindly requested to assist in ensuring timely departure from the pool area after class sessions.

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