ROCKSTAR ACADEMY

GANDARIA CITY

+6221 2900 8081

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED 16 NOVEMBER 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
08.00 - 08.30																																			
08.30 - 09.00																																			
09.00 - 09.30			LEARN & PLAY 2 19-35 mo	Pre Primary 5&6 5-7 yrs				LEARN & PLAY 1 6-18 mo	Pre Primary 5&6 5-7 yrs				LEARN & PLAY 2 19-35 mo	Pre Primary 5&6 5-7 yrs				LEARN & PLAY 1 6-18 mo	Pre Primary 5&6 5-7 yrs				LEARN & PLAY 2 19-35 mo	Pre Primary 5&6 5-7 yrs										
09.30 - 10.00																																			
10.00 - 10.30		SMARTOLOGY 3 3-4 yrs				Walker 12-23 mo	SMARTOLOGY 3 3-4 yrs	LEARN & PLAY 2 19-35 mo			Jumper 24-35 mo		LEARN & PLAY 2 19-35 mo			Crawler 6-18 mo	SMARTOLOGY 3 3-4 yrs	LEARN & PLAY 2 19-35 mo			Crawler 6-18 mo	SMARTOLOGY 3 3-4 yrs	Baby Dance 1-3 yrs			Jumper 24-35 mo					Walker 12-23 mo			Baby Jam 6-18mo	
10.30 - 11.00																																			
11.00 - 11.30	U5-7	SMARTOLOGY 3 3-4 yrs				Jumper 24-35 mo	SMARTOLOGY 3 3-4 yrs		Baby Dance 1-3 yrs		Jumper 24-35 mo	SMARTOLOGY 3 3-4 yrs		Baby Dance 1-3 yrs		Jumper 24-35 mo			Baby Dance 1-3 yrs		Jumper 24-35 mo	SMARTOLOGY 3 3-4 yrs	Baby Dance 1-3 yrs			U4			Baby Dance 1-3 yrs	Primary 5+ yrs	Crawler 6-18 mo		Baby Dance 1-3 yrs		
11.30 - 12.00																																			
12.00 - 12.30	U4	SMARTOLOGY 4 4-5 yrs				U4	SMARTOLOGY 4 4-5 yrs		Baby Dance 1-3 yrs		Walker 12-23 mo	SMARTOLOGY 4 4-5 yrs		Baby Dance 1-3 yrs		Walker 12-23 mo	SMARTOLOGY 4 4-5 yrs			Baby 2-3 yrs	Walker 12-23 mo	SMARTOLOGY 4 4-5 yrs					Walker 12-23 mo		Move& Groove 3-5 yrs		Baby 2-3 yrs	Jumper 24-35 mo				
12.30 - 13.00																																			
13.00 - 13.30	Walker 12-23 mo		Baby Dance 1-3 yrs						Move& Groove 3-5 yrs	Baby 2-3 yrs									Sports U3		U4								Sports U4/5		U5-7				
13.30 - 14.00																																			
14.00 - 14.30	Jumper 24-35 mo		Move& Groove 3-5 yrs			U5-7				P-Ballet 3-5 yrs	U5-7			Move& Groove 3-5 yrs		Jumper 24-35 mo		Move& Groove 3-5 yrs	RockFit U5-12						P-Ballet 3-5 yrs	U5-7		H-Hop U7-18		Elite U5-7	U4		K-Pop U7-18	
14.30 - 15.00			NEW P-Ballet																																
15.00 - 15.30	U4		3-5 yrs	Martial Arts 4-7 yrs		U5-7			Sports U4/5		U4		Stage Studio U5-7	Martial Arts 4-7 yrs		U4			Martial Arts 4-7 yrs	Primary 5+ yrs	Elite U5-18	Tkd. 5+ yrs	Move& Groove 3-5 yrs	U7-18			Martial Arts 4-7 yrs	Elite U7-18	U7-12		H-Hop U7-18	Move& Groove 3-5 yrs	
15.30 - 16.00																																			
16.00 - 16.30	U7-12		Stage Studio U5-7	Tkd. 5+ yrs		U7-12		Stage Studio U5-7		Gr.1/2 (Skill dep.)	U7-12		U5-9	Tkd. 6+ yrs	Belly Dance U5-7	U5-7		U8-18	Tkd. 6+ yrs	Gr.1-8 (skill dep.)	U5-7			Elite U5-18	Elite 6+ yrs		Elite		Stage Studio U5-7	Tkd. 5+ yrs	Elite U7-18	Elite U7-12	Elite U8-18		
16.30 - 17.00																																			
17.00 - 17.30	U5-7		H-Hop U7-18			Elite		Elite U5-8		Gr.3-5 (Skill dep.)	Parkour 7+ yrs		Elite U5-9	Tkd. 5+ yrs		U7-18		Elite U8-18	Tkd. 5+ yrs		U7-18		Elite U8-18					Break Dance U7-18	Muay Thai 5+ yrs					
17.30 - 18.00																																			
18.00 - 18.30	Elite							Elite U5-18			NEW Elite										Parkour 7+ yrs			Elite U5-9					Tkd. 6+ yrs					
18.30 - 19.00																																			
19.00 - 19.30																														Poom-sae 5+ yrs					
19.30 - 20.00																																			

INDEX:

PRESCHOOL : LEARN&PLAY 1 | LEARN&PLAY 2 | SMARTOLOGY 3 | SMARTOLOGY 4 | **KINDERGARTEN :** Pre Primary 5 | Pre Primary 6

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

ROCKSTAR ACADEMY

GANDARIA CITY

+6221 2900 8081

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED 16 NOVEMBER 2026

SCAN FOR E-SCHEDULE

Time	Monday Sports	Tuesday Sports	Wednesday Sports	Thursday Sports	Time	Friday Sports	Saturday Sports	Sunday Sports
09.00 - 09.30					09.00 - 09.30			
09.30 - 10.00					09.30 - 10.00			
10.00 - 10.30	Sports U3				10.00 - 10.30			
10.30 - 11.00		NEW Sports U4/5			10.30 - 11.00			
11.00 - 11.30	NEW Sports U4/5		Sports U3	Sports U4/5	11.00 - 11.30	Sports U4/5	Sports U3	
11.30 - 12.00					11.30 - 12.00			Elite U5-12
12.00 - 12.30	NEW Sports U4/5	Sports U3	Sports U4/5		12.00 - 12.30	Sports U3	Elite U5-9	
12.30 - 13.00					12.30 - 13.00			U7-16
13.00 - 13.30	Sports U4/5		Sports U4/5	Sports U4/5	13.00 - 13.30		U5-9	
13.30 - 14.00					13.30 - 14.00		U8-18	U5-12
14.00 - 14.30	U5-7			U5-7	14.00 - 14.30	Sports U4/5		
14.30 - 15.00			NEW Elite U5-9		14.30 - 15.00		U5-7	
15.00 - 15.30	U5-7	U5-7		U5-7	15.00 - 15.30	U5-7		U5-7
15.30 - 16.00		U8-18		U8-18	15.30 - 16.00	U5-12		
16.00 - 16.30					16.00 - 16.30			
16.30 - 17.00			Elite U8-16		16.30 - 17.00		Elite U5-12	
17.00 - 17.30	U8-18	U8-18		U8-18	17.00 - 17.30	U8-18		
17.30 - 18.00					17.30 - 18.00			
18.00 - 18.30	Elite U8-18	Elite U7-16			18.00 - 18.30	Elite U7-16		
18.30 - 19.00					18.30 - 19.00			
19.00 - 19.30					19.00 - 19.30			
19.30 - 20.00					19.30 - 20.00			
20.00 - 20.30					20.00 - 20.30			
20.30 - 21.00					20.30 - 21.00			
21.00 - 21.30					21.00 - 21.30			

INDEX: Basketball | Futsal

Enjoy FREE PLAY!

Play with your friends whenever there are no classes scheduled!



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

ROCKFIT
- ROCKFIT U8-18
- ROCKFIT 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

Elite CLASS

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

GANDARIA CITY

+6221 2900 8081

Classes take place at the SHERATON GRAND Jakarta Gandaria City Hotel

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 - 09.30						Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo
09.30 - 10.00							
10.00 - 10.30						Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs
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 L1 6-35 mo		
14.30 - 15.00							
15.00 - 15.30					Swim Mom & Me L2 3-4 yrs		
15.30 - 16.00							
16.00 - 16.30					Swim Mom & Me L3 5-6 yrs		
16.30 - 17.00							
17.00 - 17.30							
17.30 - 18.00							
18.00 - 18.30							
18.30 - 19.00							

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!

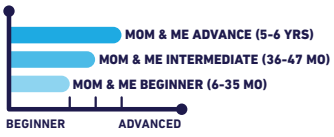


ALL ROCKSTAR ACADEMY STUDENTS ARE WELCOME TO JOIN! NO PRE-REGISTRATION REQUIRED!

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.