




# GAJAH MADA PLAZA

+6221 3972 9888


Fall Term Schedule  
Jul 21<sup>st</sup> until Oct 19<sup>th</sup> 2025  
Updated Aug 18<sup>th</sup>


SCAN FOR  
E-SCHEDULE





Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday																											
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08.00	<div><b>IMPORTANT NOTICE</b> Do <b>NOT</b> transfer money to any RockStar Academy employee's personal account.</div>																																																			
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INDEX:


 Gymnastics


 Cheerleading

 Ballet


 Contemporary Dance

 Broadway

 Dance

 Taekwondo

Elite : up to 90 min class

 : up to 180 min class

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



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## Preschool & Kindergarten Fall Term Schedule Jul 21<sup>st</sup> until Oct 19<sup>th</sup> 2025

SCAN FOR  
E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
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09.00														
09.00	<b>Pre Primary</b> <b>5 &amp; 6</b> 5-7 yrs		<b>Pre Primary</b> <b>5 &amp; 6</b> 5-7 yrs	<b>LEARN &amp; PLAY</b> 1 6-18 mo	<b>Pre Primary</b> <b>5 &amp; 6</b> 5-7 yrs		<b>Pre Primary</b> <b>5 &amp; 6</b> 5-7 yrs	<b>LEARN &amp; PLAY</b> 1 6-18 mo	<b>Pre Primary</b> <b>5 &amp; 6</b> 5-7 yrs					
09.30				<b>LEARN &amp; PLAY</b> 2 19-35 mo				<b>LEARN &amp; PLAY</b> 2 19-35 mo						
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11.00	<b>SMART OLOGY</b> 4 4-5 yrs		<b>SMART OLOGY</b> 4 4-5 yrs		<b>SMART OLOGY</b> 4 4-5 yrs		<b>SMART OLOGY</b> 4 4-5 yrs		<b>SMART OLOGY</b> 4 4-5 yrs					
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12.30	<b>SMART OLOGY</b> 3 3-4 yrs		<b>SMART OLOGY</b> 3 3-4 yrs		<b>SMART OLOGY</b> 3 3-4 yrs		<b>SMART OLOGY</b> 3 3-4 yrs		<b>SMART OLOGY</b> 3 3-4 yrs					
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INDEX: PRESCHOOL : **LEARN & PLAY 1** **LEARN & PLAY 2** **SMART OLOGY 3** **SMART OLOGY 4** KINDERGARTEN : **Pre Primary 5** **Pre Primary 6**

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



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Updated Aug 18<sup>th</sup>

SCAN FOR  
E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong
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INDEX:



Basketball



Futsal



Tennis



Pickleball



Ping Pong



Swimming

Elite : up to 90 min class



DREAM TEAM : up to 120 min class

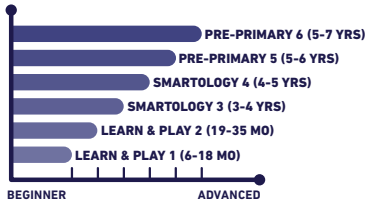
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

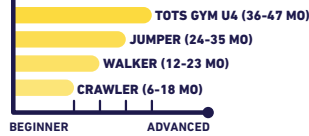
## EARLY CHILDHOOD EDUCATION



### NEW ACADEMIC



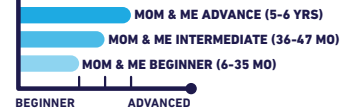
### GYMNASTICS



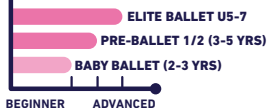
### DANCE



### SWIMMING



### BALLET



### YOGA



### MARTIAL ARTS



### MULTI-SPORTS

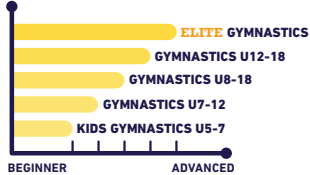


**5-18**  
YRS

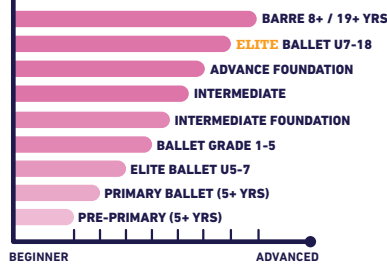
## ACTIVITY CLASSES



### GYMNASTICS



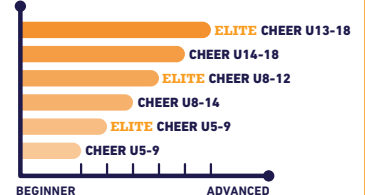
### BALLET



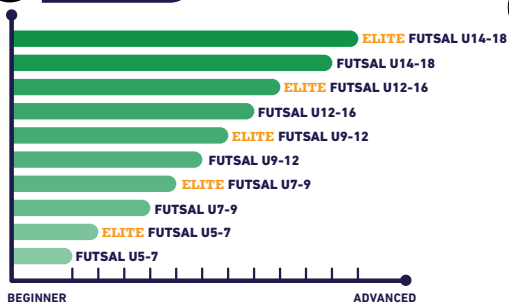
### MARTIAL ARTS



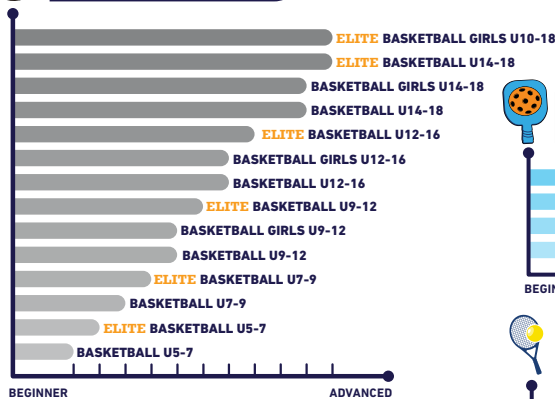
### CHEERLEADING



### FUTSAL



### BASKETBALL



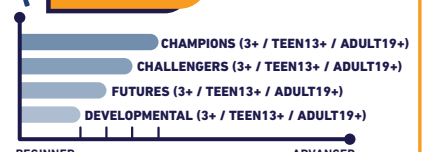
### SWIMMING



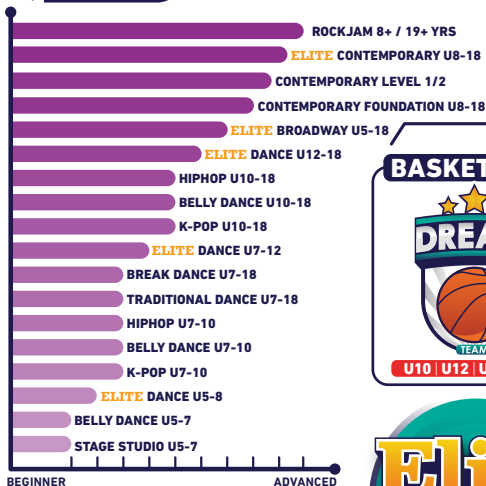
### PICKLEBALL



### TENNIS



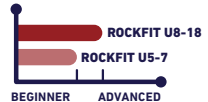
### DANCE



## NEW DREAM TEAM



### ROCKFIT



### PING PONG



### YOGA



### PARKOUR



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



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Fall Term Schedule  
Jul 21<sup>st</sup> until Oct 19<sup>th</sup> 2025

Adult19+ Only

SCAN FOR  
E-SCHEDULE



Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
	Studio	Sports	Tennis	Swim	PP	Studio	Sports	Tennis	Swim	PP	Studio	Sports	Tennis	Swim	PP	Studio	Sports	Tennis	Swim	PP	Studio	Sports	Tennis	Swim	PP	Studio	Sports	Tennis	Swim	PP	Studio	Sports	Tennis	Swim	PP
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## ADULT19+ SPORTS CLASSES

60 min of Drills and Technique training, followed by Ladder Play.

## LADDER PLAY

Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder.

## MATCH PLAY

Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.

## MATCH PLAY

60 Minute match play focusing on Technique, and Teamwork - ideal prep for the next Elite Championships



## RockJam

High-energy fusion of dance fitness and PoundFit for a full-body workout.



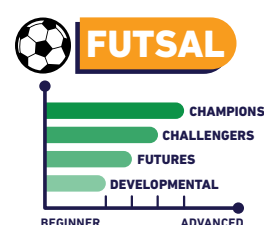
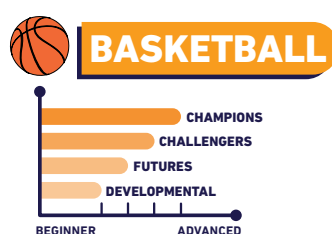
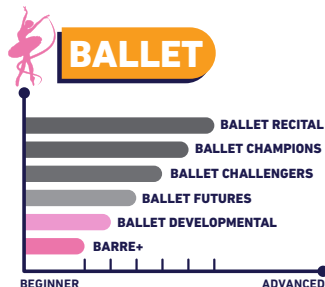
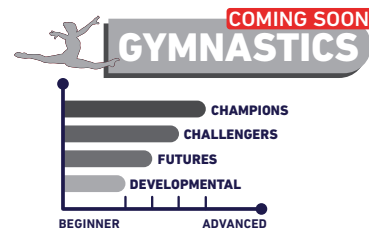
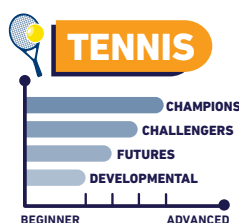
## Barre+

A ballet-inspired fitness class that blends strength, flexibility, and grace.



# 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:



## Dance Recital

Ballet & Contemporary

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.

### 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.