



GAJAH MADA PLAZA

+6221 3972 9888

Spring Term Schedule

19th Jan until 19th Apr 2026

SCAN FOR E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday																			
	G	3	4	5	G	3	4	5	G	3	4	5	G	3	4	5	G	3	4	5	G	3	4	5	G	3	4	5																
08.00	<div style="border: 2px solid black; padding: 5px; display: inline-block;"> PERFORMING ARTS BASKETBALL FUTSAL Elite PRESCHOOL & KINDERGARTEN CHAMPIONSHIPS GYMNASTICS BABY GYM PICKLEBALL PONGPONG ADULT19+ PARKOUR </div>																																											
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09.00																																												
09.30																																												
10.00																																												
10.00					Crawler 6-18 mo				Walker 12-23 mo				Crawler 6-18 mo				Jumper 24-35 mo				Baby Dance 1-3 yrs																							
10.30					Baby Dance 1-3 yrs								Baby Dance 1-3 yrs				Baby Dance 1-3 yrs																											
11.00																																												
11.00					Jumper 24-35 mo				NEW Jumper 24-35 mo				Jumper 24-35 mo				Walker 12-23 mo				Jumper 24-35 mo				Baby Dance 1-3 yrs																			
11.30					Baby Dance 1-3 yrs				Baby Dance 1-3 yrs				Baby Dance 1-3 yrs				Baby Dance 1-3 yrs																											
12.00																																												
12.00					Walker 12-23 mo				Jumper 24-35 mo				Walker 12-23 mo								Walker 12-23 mo				Sports U3																			
12.30					Sports U3				Sports U4/5				Sports U3				Sports U3				Sports U3				P-Ballet 3-5 yrs																			
12.30																																												
13.00																																												
13.00	Walker 12-23 mo				Sports U3				U4				Move & Groove 3-5 yrs				Sports U4/5				U4				U4																			
13.30																																												
13.30																																												
14.00	U4				Baby Dance 1-3 yrs				U5-7				U5-7				U4				U5-7				U4																			
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15.00																																												
15.00	Jumper 24-35 mo				Martial Arts 4-7 yrs				Move & Groove 3-5 yrs				U5-9				U5-7				Muay Thai 6+ yrs				Sports U4/5																			
15.30																																												
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16.00																																												
16.00																																												
16.30	U5-7				Muay Thai 6+ yrs				U8-18				U8-18				U5-7				Martial Arts 4-7 yrs				K-Pop U5-7																			
16.30																																												
17.00																																												
17.00																																												
17.30	U8-18				Tk. 6+ yrs				Elite U5-9				Elite U7-18				Elite U8-18				Elite U5-8				Elite U5-8																			
17.30																																												
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18.00																																												
18.30	Parkour 7+ yrs				Elite U5-9				Elite U8-18				Elite U5-18				Elite U8-18				Elite U8-18				Elite U8-18																			
18.30																																												
19.00																																												
19.00	Elite Parkour 7+ yrs				Elite U8-18				Elite U5-9				Elite U8-18				Elite U5-9				Elite U8-18				Elite U8-18																			
19.30																																												
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INDEX: Gymnastics Cheerleading Ballet Contemporary Dance Broadway Dance Taekwondo **Elite** : up to 90 min class **DREAM TEAM** : up to 180 min class

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



GAJAH MADA PLAZA

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Preschool & Kindergarten

Spring Term Schedule
19th Jan until 19th Apr 2026

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					
08.00																			
08.30																			
08.30																			
09.00																			
09.00	Pre Primary 5 & 6 5-7 yrs		Pre Primary 5 & 6 5-7 yrs	LEARN & PLAY 1 6-18 mo	Pre Primary 5 & 6 5-7 yrs		Pre Primary 5 & 6 5-7 yrs	LEARN & PLAY 1 6-18 mo	Pre Primary 5 & 6 5-7 yrs										
09.30				LEARN & PLAY 2 19-35 mo				LEARN & PLAY 2 19-35 mo											
10.00																			
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11.00																			
11.00	SMART OLOGY 4 4-5 yrs		SMART OLOGY 4 4-5 yrs		SMART OLOGY 4 4-5 yrs		SMART OLOGY 4 4-5 yrs		SMART OLOGY 4 4-5 yrs										
11.30																			
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12.00	SMART OLOGY 3 3-4 yrs		SMART OLOGY 3 3-4 yrs		SMART OLOGY 3 3-4 yrs				SMART OLOGY 3 3-4 yrs										
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12.30																			
13.00																			
13.00	Pre Primary 5 & 6 5-7 yrs		Pre Primary 5 & 6 5-7 yrs		Pre Primary 5 & 6 5-7 yrs		Pre Primary 5 & 6 5-7 yrs		Pre Primary 5 & 6 5-7 yrs										
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IMPORTANT NOTICE
Do **NOT** transfer money to any RockStar Academy employee's personal account.

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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Spring Term Schedule

19th Jan until 19th Apr 2026

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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NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6 MO YRS EARLY CHILDHOOD EDUCATION

NEW! ACADEMIC



GYMNASTICS



DANCE



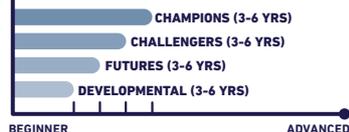
SWIMMING



BALLET



NEW! TENNIS



MARTIAL ARTS

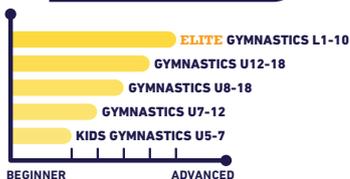


MULTI-SPORTS



5-18 YRS ACTIVITY CLASSES

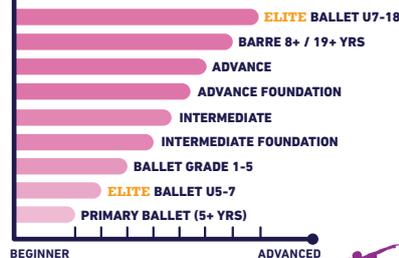
GYMNASTICS



SWIMMING



BALLET



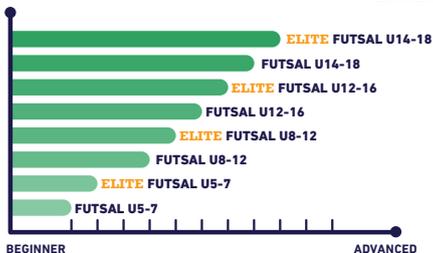
CHEERLEADING



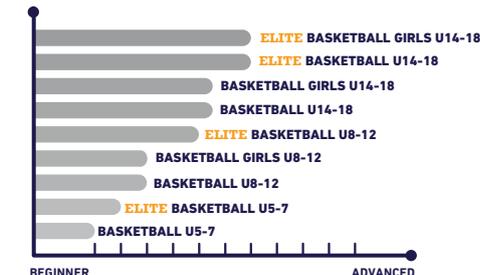
PARKOUR



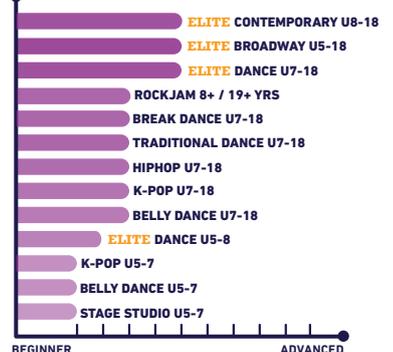
FUTSAL



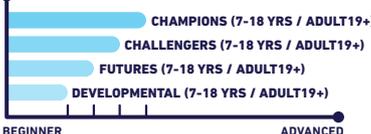
BASKETBALL



DANCE



NEW! PICKLEBALL



NEW! PING PONG



ROCKFIT



NEW DREAM TEAM

BASKETBALL

U10 | U12 | U14 | U16

FUTSAL

U6 | U8 | U10 | U13

GYMNASTICS

LEVEL 3-10

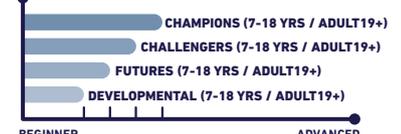


- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED
- CHECK WITH ELITE CLASS INSTRUCTOR

MARTIAL ARTS



NEW! TENNIS





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Spring Term Schedule

19th Jan until 19th Apr 2026

ADULT19+

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.

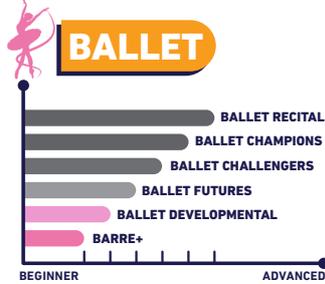
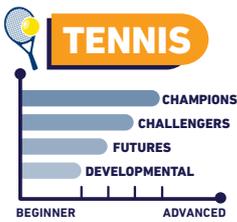
MATCH PLAY Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.

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

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 Recital

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.



GAJAH MADA PLAZA
 ☎ +6221 3972 9888

Classes take place at the



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	<div style="border: 2px solid blue; padding: 10px; background-color: #e0f0ff;"> <p>ARRIVAL & CLASS ENTRY:</p> <ol style="list-style-type: none"> 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. Changing rooms & Shower are available on Level 1 & at the pool area. 6. Bring your ID Card & tap at the pool entrance, where our Instructor & Class Assistant will welcome you. 7. Enjoy the Class! </div>						
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14.00	Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo				
14.30							
15.00							
15.30	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs
16.00							
16.30	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs
17.00							
17.30	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs				
18.00							
18.30							
19.00							

**EXCLUSIVELY FOR ROCKSTAR STUDENTS OF CENTRAL PARK 2, LIPPO MALL PURI, PLUIT VILLAGE & GAJAH MADA PLAZA!
 NO PRE-REGISTRATION REQUIRED!**

PROGRAM CLASSIFICATION & PROGRESSION

6 mo - 6 yrs



SWIMMING



5 - 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.

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