



GAJAH MADA PLAZA | +6221 3972 9888

Spring Term Schedule  
19<sup>th</sup> Jan until 19<sup>th</sup> Apr 2026

SCAN FOR  
E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
Time	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
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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!



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Preschool &  
KINDERGARTEN  
Spring Term Schedule  
19<sup>th</sup> Jan until 19<sup>th</sup> Apr 2026

SCAN FOR  
E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
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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	LEARN & PLAY 2 19-35 mo	ENROLLMENT IS NOW OPEN!			
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INDEX: PRESCHOOL: LEARN&PLAY1 | LEARN&PLAY2 | SMARTOLOGY3 | SMARTOLOGY4 | KINDERGARTEN: Pre Primary5 | Pre Primary6



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



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SCAN FOR  
E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday				
Time	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

Ladder Play

Match Play

Free Swim

Elite

Dream Team

# NEW PROGRAM CLASSIFICATION & PROGRESSION

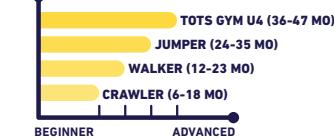
6-6  
MO YRS

## EARLY CHILDHOOD EDUCATION

### NEW! ACADEMIC



### GYMNASICS



### DANCE



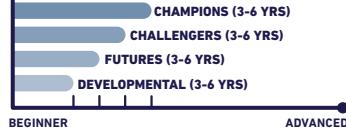
### SWIMMING



### BALLET



### NEW! TENNIS



### MARTIAL ARTS



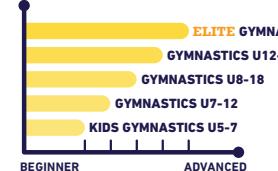
### MULTI-SPORTS



5-18  
YRS

## ACTIVITY CLASSES

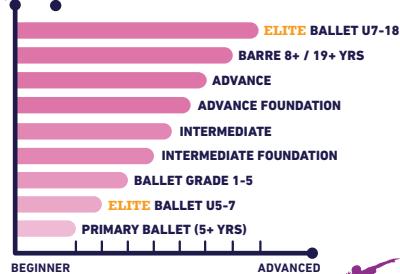
### GYMNASICS



### SWIMMING



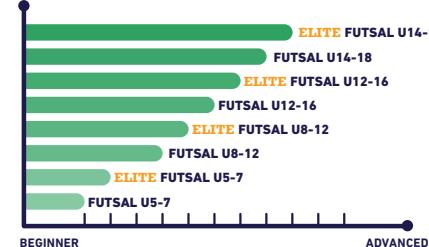
### BALLET



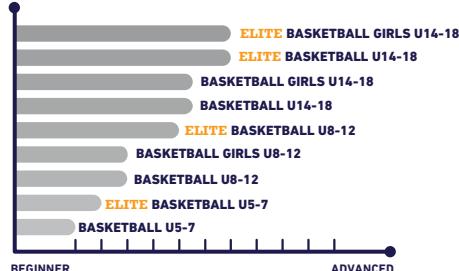
### CHEERLEADING



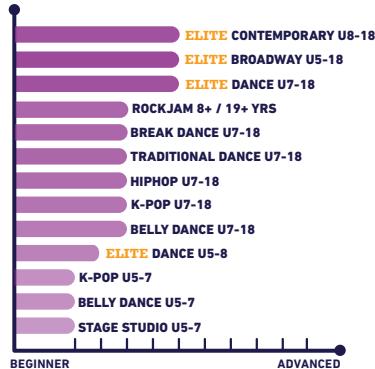
### FUTSAL



### BASKETBALL



### DANCE



### NEW! PICKLEBALL



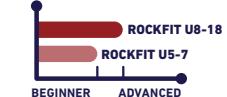
### NEW! DREAM TEAM



### NEW! PING PONG



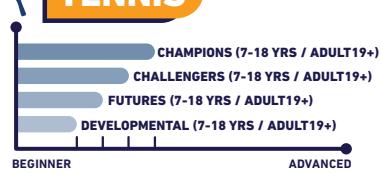
### ROCKFIT



### MARTIAL ARTS



### NEW! TENNIS



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



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**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.

### INDEX:



Basketball



Futsal



Pickleball



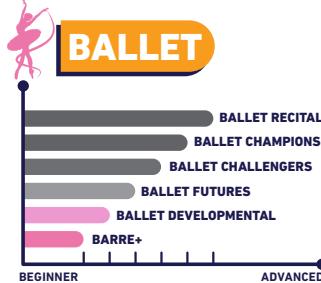
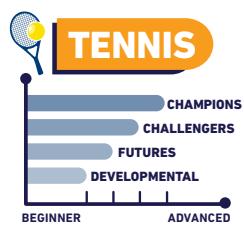
Ping Pong



Swimming

# 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:



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.

## Dance Recital Recital

Ballet & Contemporary