



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><div><div>PERFORMING ARTS</div><div>BASKETBALLFUTSAL</div><div>FRESH & KINDERGARTEN</div><div>GIMNASTICS BABY GYM</div><div>PICKLEBALLPONGPONG</div><div>ADULT19+ PARKOUR</div></div><div>Elite</div><div>CHAMPIONSHIPS</div></div>																																																			
08.30																																																				
08.30																																																				
09.00																																																				
09.00																																																				
09.30																																																				
09.30																																																				
10.00																																																				
10.00					Crawler 6-18 mo	Baby Dance 1-3 yrs			Walker 12-23 mo				Crawler 6-18 mo	Baby Dance 1-3 yrs			Jumper 24-35 mo	Baby Dance 1-3 yrs			<div>DREAM TEAM</div> <div>USA</div> <div>L3-7</div>	Baby Dance 1-3 yrs																														
10.30																																																				
10.30																																																				
11.00																																																				
11.00																																																				
11.30																																																				
11.30					Jumper 24-35 mo	Baby Dance 1-3 yrs			<div>NEW</div> Jumper 24-35 mo	Baby Dance 1-3 yrs			Jumper 24-35 mo	Baby Dance 1-3 yrs			Walker 12-23 mo	Baby Dance 1-3 yrs			Jumper 24-35 mo					Baby Dance 1-3 yrs																										
12.00																																																				
12.00					Walker 12-23 mo	Sports U3			Jumper 24-35 mo	Sports U4/5			Walker 12-23 mo	Sports U3				Sports U3			Walker 12-23 mo	Sports U3	<div>P-Ballet</div>			Jumper 24-35 mo																										
12.30																																																				
12.30																																																				
13.00																																																				
13.00	Walker 12-23 mo	Sports U3			<div>USA</div>				Move& Groove 3-5 yrs	<div>Baby</div>				Move& Groove 3-5 yrs				Sports U4/5			<div>USA</div>																															
13.30										<div>2-3 yrs</div>																																										
13.30										<div>P-Ballet</div>																																										
14.00	<div>USA</div>	Baby Dance 1-3 yrs			<div>USA</div>	Move& Groove 3-5 yrs			<div>USA</div>			<div>3-5 yrs</div>					<div>USA</div>				<div>USA</div>	Move& Groove 3-5 yrs	<div>Primary</div>			<div>USA</div>																										
14.30	U4				U5-7												U4				U5-7		<div>5+ yrs</div>			U4																										
14.30																																																				
15.00	Jumper 24-35 mo	Martial Arts 4-7 yrs	Move& Groove 3-5 yrs	<div>U5-9</div>	<div>USA</div>	Muay Thai 6+ yrs	Sports U4/5			<div>USA</div>	Martial Arts 4-7 yrs	<div>5+ yrs</div>	<div>NEW</div> Stage Studio U5-7	<div>USA</div>	Stage Studio U5-7			<div>USA</div>	Move& Groove 3-5 yrs			<div>USA</div>	Muay Thai 6+ yrs	<div>Gr.1</div>	Stage Studio U5-7	<div>USA</div>	Muay Thai 6+ yrs	Move& Groove 3-5 yrs																								
15.30																																																				
15.30																																																				
16.00	<div>USA</div>	Muay Thai 6+ yrs			<div>U8-18</div>	<div>USA</div>	Martial Arts 4-7 yrs	RockFit U5-7	<div>Elite</div>	<div>U5-8</div>	<div>USA</div>	Muay Thai 6+ yrs	<div>Elite</div>	<div>U5-7</div>	K-Pop U7-18	<div>USA</div>	H-Hop U7-18	RockFit U5-7			<div>USA</div>	Martial Arts 4-7 yrs	K-Pop U5-7			<div>USA</div>	Martial Arts 4-7 yrs	<div>Elite</div>	<div>U8-18</div>	<div>USA</div>	Martial Arts 4-7 yrs	Stage Studio U5-7																				
16.30																																																				
16.30																																																				
17.00	<div>USA</div>	Tkd. 6+ yrs			<div>Elite</div>	<div>Elite</div>	RockFit U7-18	<div>Elite</div>	<div>U8-18</div>	<div>Elite</div>	<div>U5-18</div>	<div>USA</div>		<div>Gr.1</div>			<div>USA</div>		RockFit U8-18			Parkour 7+ yrs	Tkd. 6+ yrs			Parkour 7+ yrs	<div>Elite</div>	<div>U8-18</div>	<div>DREAM TEAM</div>	Tkd. 6+ yrs	Stage Studio U5-7																					
17.30	U8-18													<div>(Skill dep.)</div>			U8-18																																			
18.00																																																				
18.00	Parkour 7+ yrs														<div>Barre: Adult19+</div>	K-Pop U5-7	<div>Elite</div>								<div>Elite</div>	Poom-sae 6+ yrs			<div>USA</div>																							
18.30		<div>Elite</div>																																																		
18.30		<div>U8-18</div>																																																		
19.00																																																				
19.00																																																				
19.30																																																				
19.30																																																				
20.00																																																				
20.00																																																				
20.30																																																				
20.30																																																				
21.00																																																				

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

+6221 3972 9888

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						
09.30														
10.00														
10.00														
10.30														
10.30														
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														
12.00														
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		SMART OLOGY 3 3-4 yrs					
12.30														
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					
13.30														
13.30														
14.00														
14.00														
14.30														
14.30														
15.00														
15.00														
15.30														
15.30														
16.00														
16.00														
16.30														
16.30														
17.00														
17.00														
17.30														
17.30														
18.00														
18.00														
18.30														
18.30														
19.00														
19.00														
19.30														
19.30														
20.00														
20.00														
21.00														



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!



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			
	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
07.00																												
08.00																												
08.00																												
09.00																												
09.00																												
09.30																												
09.30																												
10.00																												
10.00																												
10.30																												
10.30																												
11.00																												
11.00																												
11.30																												
11.30																												
12.00																												
12.00																												
12.30																												
12.30																												
13.00																												
13.00																												
13.30																												
14.00																												
14.00																												
14.30																												
14.30																												
15.00																												
15.00																												
15.30																												
15.30																												
16.00																												
16.00																												
16.30																												
16.30																												
17.00																												
17.00																												
17.30																												
17.30																												
18.00																												
18.00																												
18.30																												
18.30																												
19.00																												
19.00																												
19.30																												
19.30																												
20.00																												
20.00																												
20.30																												
20.30																												
21.00																												
21.00																												
22.00																												

INDEX:



Basketball



Futsal



Tennis



Pickleball



Ping Pong



Swimming

Elite : up to 90 min class



DREAM TEAM : up to 120 min class

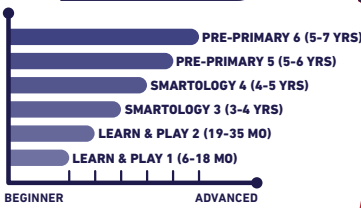
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

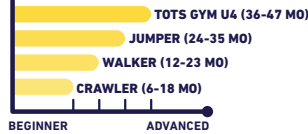
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



GYMNASTICS



DANCE



SWIMMING

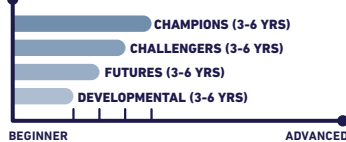


BALLET



NEW!

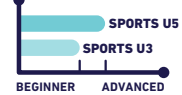
TENNIS



MARTIAL ARTS



MULTI-SPORTS

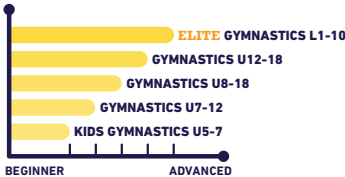


5-18
YRS

ACTIVITY CLASSES



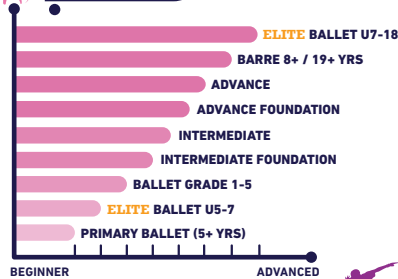
GYMNASTICS



SWIMMING



BALLET



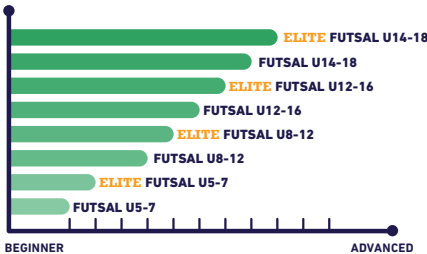
CHEERLEADING



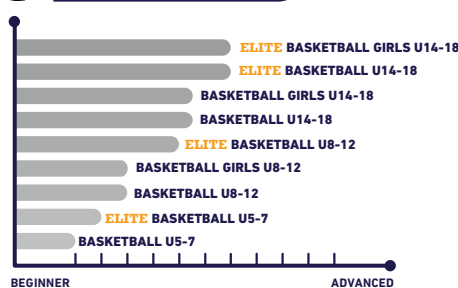
PARKOUR



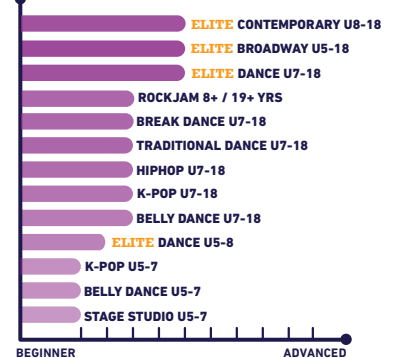
FUTSAL



BASKETBALL

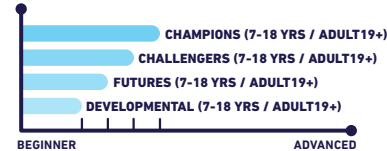


DANCE



NEW!

PICKLEBALL

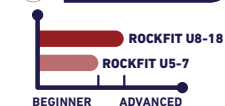


NEW!

PING PONG



ROCKFIT



MARTIAL ARTS



NEW!

TENNIS



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



GAJAH MADA PLAZA

+6221 3972 9888

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
07.00																																			
07.30																																			
07.30																																			
08.00																																			
08.00																																			
08.30																																			
08.30																																			
09.00																																			
09.00																																			
09.30																																			
09.30																																			
10.00																																			
10.00																																			
10.30																																			
10.30																																			
11.00																																			
11.00																																			
11.30																																			
11.30																																			
12.00																																			
12.00																																			
13.00																																			
13.00																																			
14.00																																			
14.00																																			
14.30																																			
14.30																																			
15.00																																			
15.00																																			
15.30																																			
15.30																																			
16.00																																			
16.00																																			
16.30																																			
16.30																																			
17.00																																			
17.00																																			
17.30																																			
17.30																																			
18.00																																			
18.00																																			
18.30																																			
18.30																																			
19.00																																			
19.00																																			
19.30																																			
19.30																																			
20.00																																			
20.00																																			
20.30																																			
20.30																																			
21.00																																			
21.00																																			
21.30																																			
21.30																																			
21.30																																			
22.00																																			

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

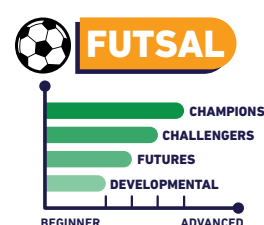
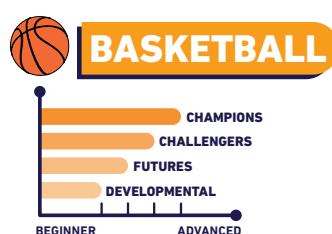
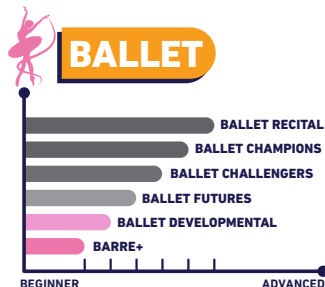
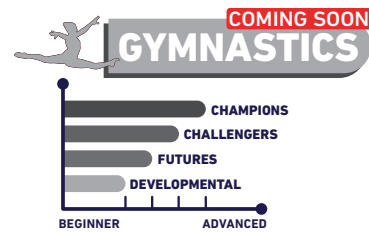
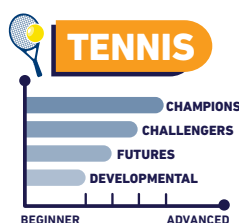
Barre+

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:



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.