

Summer Term Schedule
Apr 21st until Jul 20th 2025



		Mon	ıday			Tues	day			Wedn	esday			Thur	sday			Fri	day			Satu	rday			Sun	day	
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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08.30 08.30				20	_	202	7 /														DREAM TEAM							
09.00		2		9)(K																	TEAM				31	【よど	02	5 /
09.00 -	/ /																				USA				تنظ			
09.00 					ı																USA							
10.00																												
10.00					Crawler	Baby			Walker				Crawler	Baby			Jumper	Baby			L3-7	Baby						
10.30 10.30					6-18	Dance			12-23				6-18	Dance			24-35	Dance				Dance						
11.00					mo	1-3 yrs			mo				mo	1-3 yrs			mo	1-3 yrs				1-3 yrs						
11.00					Jumper	Baby				Baby			Jumper	Bahy			Walker	Baby			Jumper							
11.30 11.30					24-35	Dance				Dance	Barre+ Adult19+		24-35	Dance			12-23	Dance			24-35				Walker 12-23			
12.00					mo	1-3 yrs				1-3 yrs	Additi		mo	1-3 yrs			mo	1-3 yrs			mo				mo			
12.00					Walker				Jumper	C			Walker	_							Walker		P-Ballet ^{1/2}			Baby		
12.30 12.30					12-23	Sports U3			24-35	Sports U4/5			Walker 12-23	Sports U3				Sports U3			12-23	Sports U3	#			Dance		
13.00					mo				mo				mo	03				03			mo		3-5 yrs			1-3 yrs		
13.00 13.30	Walker				I					Cnarta	Baby			Move&				_			I				Jumper			
13.30	12-23	Sports U3			USA					Sports U3	*			Groove				Sports U4/5			USA				24-35			
13.30 	mo	05			U4						2-3 yrs			3-5 yrs				04/3			U4				mo			
14.00	I	Baby			le	Move&			I		P-Ballet ^{1/2}						I				le	Move&	PP/P		I			
14.30 14.30	USA	Dance			AZU	Groove			USA		*			Sports U4/5			AZU				USA	Groove	-		USA			
15,00	U4	1-3 yrs			U5-7	3-5 yrs			U5-7		3-5 vrs			04/3			U4				U5-7	3-5 yrs	5+ yrs		U4			
15.00 15.30	lumpor	Martial	Move &	*	le	Muay			USA	Martial	DD /D		I	C4====				Move&			I	Muay	k	Stage		Muay	Move&	
15.30 15.30	24-35	Martial Arts	Groove		USA	Muay Thai	Sports U4/5		USA	Arts	F		USA	Stage Studio			USA	Groove			USA	Thai	7	Stage Studio	USA	Thai	Groove	
16.00	mo	4-7 yrs	3-5 yrs	U5-9	U5-7	6+ yrs	04/5		U4	4-7 yrs	5+ yrs		U4	U5-7			U5-7	3-5 yrs			U5-7	6+ yrs	Gr.1 (Skill dep.	U5-7	U5-7	6+ yrs	3-5 yrs	
16.00	I	Museu	Chana	•	_	Martial		Elite	U5-7		Elite						1						i iii		lo_	Mantial	Character	
16.30	USA	Muay Thai	Stage Studio	-	USA	Martial Arts 4-7 yrs	RockFit	Elite U5-8	USA	Muay Thai		K-Pop U7-18	USA	H-Hop U7-18	RockFit		USA	Martial Arts 4-7 yrs	K-Pop		USA	Martial Arts			USA	Martial Arts	Stage	
16.30 17.00	U5-7	6+ yrs	U5-7	U8-18	U8-18	4-7 yrs	U5-7	U5-8	115-7	6+ yrs	1 U5-7	07-18	U5-7	07-18	U5-7		U8-18	4-7 yrs	U5-7		U8-18	4-7 yrs	Founda-		U8-18	4-7 yrs	U5-7	
17.00		Tled		Elite	Elite		Elite	Elite	OS 7	<i>b</i>				Dook								Elite	tion & Li		00 10	The		
17.00 17.30	USA	Tkd. ,[] - [ر ما	RockFit	211	Til.	USA	Gr.1 (Skill dep.)	Dance Adult19+		USA	Rock Jam Adult19+	RockFit		Parkour	Tkd.			Parkour 7+ yrs	- 4			DREAM	Tkd. ∏-∎		
17.30 18.00	U8-18	6+ yrs		· Co		U7-18		T	U8-18	Gr.1	Auutti		U8-18	Adult19+	U8-18		7+ yrs	6+ yrs			/ + yi s	0			TEAM	6+ yrs		
18.00						Elite	1		Elite	(Skill dep.)			Elite				Elite				Elite				ر ما			
18.30	Parkour 7+ yrs			U5-9			U8-18	U5-18														6+ yrs			USA			
18.30 	/ 1 yl 3			Elite																								
19.00				*																					L3-7			
19.30				· Ca		U5-9																			-3-7			
19.30 20.00				U8-18		Elite																						
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20.30						-																						
20.30 21.00						U8-18																						
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INDEX:	USA	Gymnas	stics	Cheer	leading	🦸 Balle	et	Contem	porary D	ance /	Broadw	ray 🤾	Dance	7 Tae	kwondo	L1116	e : up to 9	u min cla	iss 🚣	TEAM	: up to 1	ou min d	เสรร					



Summer Term Schedule
Apr 21st until Jul 20th 2025



	Mon	ıday	Tues	day	Wedne	esday	Thur	sday	Fric	lay	Satu	ırday	Sun	day
Time	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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10.00	5		5	6-18 mo	5		5	6-18 mo	5		ВС			`
10.00	5-6 yrs		5-6 yrs	LEARN	5-6 yrs	LEARN	5-6 yrs	LEARN	5-6 yrs			MACA	chool 8	
10.30				&PLAY 2		&PLAY		&PLAY 2				MACK		
10.30 11.00				∠ 19-35 mo		19-35 mo		∠ 19-35 mo						8-87
11.00				17-331110		17 00 1110		17-331110						
11.30	SMART OLOGY		SMART OLOGY		SMART OLOGY		SMART OLOGY		SMART OLOGY					
11.30	4		4		4		4		4					
12.00	4-5 yrs		4-5 yrs		4-5 yrs		4-5 yrs		4-5 yrs				mants -	
12.00 12.30	SMART OLOGY		SMART OLOGY		SMART OLOGY				SMART OLOGY					' -
12.30	0L0GY 3		ULUGY 3		ULUGY 3				ULUGY 3				JUPENS-	
13.00	3-4 yrs		3-4 yrs		3-4 yrs				3-4 yrs			45 4454		
13.00														
13.30	B re		⊜ re		Primary		p re		Primary					
13.30	Primary		Primary				Primary							
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14.30	5-7 yrs		5-7 yrs		5-7 yrs		5-7 yrs		5-7 yrs					
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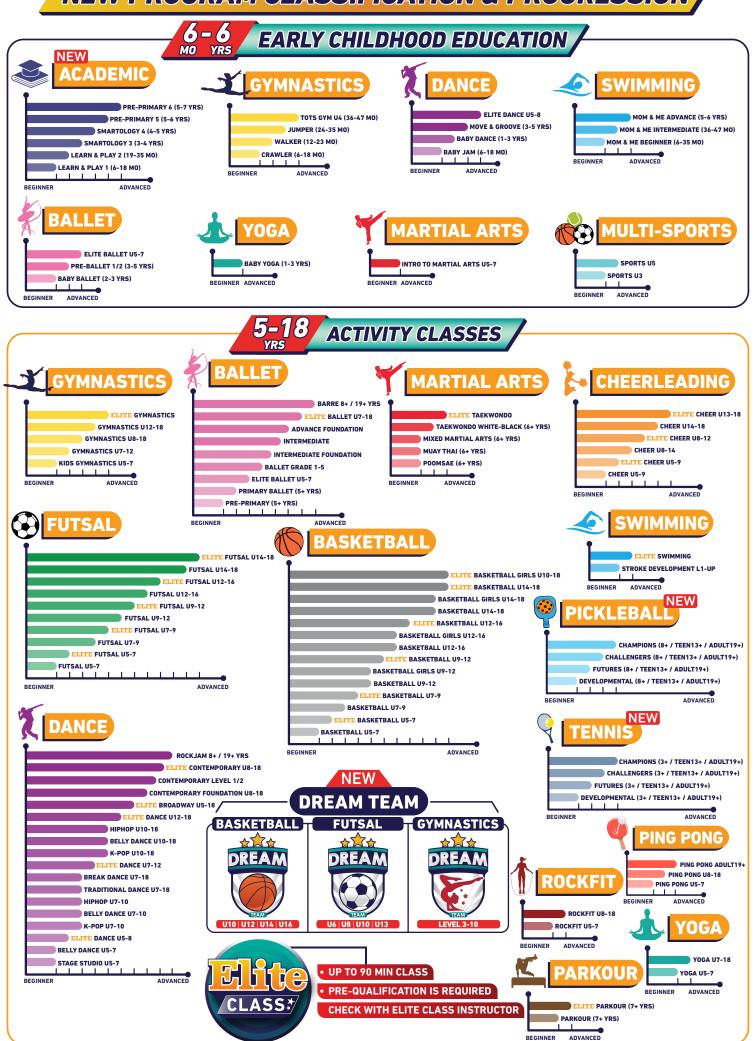


Summer Term Schedule Apr 21st until Jul 20th 2025



		Mon	ıday		Tuesday					Wedn	esday			Thur	sday			Fri	day			Satu	rday		Sunday				
Time	Sports	Tennis	Swim	PingPong	Sports	Tennis		PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis		PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	
07.00 08.00				REE PL			Adult19+								Adult19+														
08.00				Sports			FREE								FREE														
<u>09.00</u> 09.00				are no tions s			Adult19+ Swim				Swim				Adult19+				Swim				Swim						
	Priv	rate in	Struct	tions s	cneau	tea:	M&M L1				M&M L1				M&M L1				M&M L1				M&M L1						
10.00	aft						6-35 mo				6-35 mo				6-35 mo				6-35 ma				6-35 ma						
10.00						\mathfrak{F}																	Swim				Swim		
10.30 10.30										78												7	M&M L2 3-4 yrs				M&M L2 3-4 yrs		
11.00 11.00										Adult19+												Adult19+	,				,		
11.30																							Swim M&M L3				Swim M&M L3		
11.30 12.00																					Elite		5-6 yrs				5-6 yrs		
12.00																					æ								
12.30 12.30																									Elite				
13.00																					U5-7								
13.00 13.30		Q																			1		Stroke				Stroke		
13.30					Elite) Y															U5-7	27	Dev. L1		U7-16	2 7	Dev. L1		
14.00 14.00	_	3-7 yrs				3-7 yrs													Cusion			3-7 yrs	Ctraka		_	3-7 yrs	Charles		
14.30 14.30					3					9			1	9				P	Swim M&M L2		1		Stroke Dev.				Stroke Dev.		
15.00	U5-7				U5-7				U5-7	3-7 yrs			U5-7	3-7 yrs				3-7 yrs	3-4 yrs		U9-18	8-18 yrs	L2/3		U5-7	U9-18	L2/3		
15.00 15.30			Swim		6				#6	0	Swim						Æ				③	(3)			③				
15.30	(3)		M&M L2 3-4 yrs		U5-7	A		7		A	M&M L2 3-4 yrs		3	7		7	<u>U</u>	A			U5-7			7	_	A			
16.00 16.00	U8-16		0 . ,			3-7 yrs		U8-18	U5-7	8-18 yrs			U5-7	8-18 yrs		U8-18	U5-7	8-18 yrs				U9-18		U5-7	U9-18	8-18 yrs			
16.30	AS .		Swim M&M L3				Swim M&M L3				Swim M&M L3		1		Swim M&M L3		3		Stroke Dev. L1						1				
16.30 17.00	U5-7	Ы U9-18	5-6 yrs		U5-7	8-18 yrs	5-6 vrs	U5-7	U8-16		5-6 yrs		U9-18		5-6 yrs	U5-7	U5-7	U9-18	DCV. LT		U8-16	Adult19+			U9-18	Adult19+			
17.00					4	2 .0 3/3					_				_		A	5. 13	Stroke		Elite	LADDER PLAY			46				
17.30 17.30											Stroke Dev. L1		③		Stroke Dev. L1				Dev. L2/3			Adult19+							
18.00 18.00	U9-18				U9-18				U9-18	U9-18			U8-16	U9-18			U9-18		L2/3		3	Adult19+		U8-18	U5-7				
18.30	Elite		A		③				Elite				Elite						A		U5-7				Elite				
18.30	AS .	Adult19+			U8-16	U9-18		Adult19+			Adults 19+ yrs		1			Adult19+	U8-18				Elite			Adult19+	AFO.				
19.00 19.00	U9-18	Auutt 17+	FREE Swim			07-10		Auutt 17+	U7-16				U5-7		FREE	Addit 19+			FREE					LADDER	U9-18				
19.30 19.30	07-10		Adult19+		1				5, 10		FREE		لـــّــ		Adult19+				Adult19+		3			PLAY	0, 10				
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NEW PROGRAM CLASSIFICATION & PROGRESSION





Summer Term Schedule
Apr 21st until Jul 20th 2025
Adult19+ Only



	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
					PP	Studio	Sports	Tennis	Swim PP		Studio	udio Sports Tennis		Swim PP		Studio Sports Te		Tennis Swim PP		Studio Sports Tennis Swim		PP	Studio Sports		s Tennis Swim PP		PP	Studio Sports T		Tennis	Tennis Swim				
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NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT19+



















Stills Leveling.

CHAMPIONS Advance Level

CHALLENGERS Intermediate Level

> **FUTURES** Beginner Level

DEVELOPMENTAL Introductory Level

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.

Barret

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.

Events&Competitions:



An Annual stage showcase featuring variety of arts performed in front of an audience

CHAMPIONSHIPS >

Termly Competition where teams of egual skill divisions compete against each other.

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 Adult19+ : 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.

: Sharpen your skills, explore new tactics & enjoy friendly competitions. Challengers

: Dive into the game basics, build a strong foundation & be part of developmental team. **Futures**

: Introduction level will help you ease into the game, discovering your passion and potential. Developmental