ROCKSTAR ACADEMY

KEMANG VILLAGE

+6221 2905 6776

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED 16 NOVEMBER 2026

SCAN FOR E-SCHEDULE

PERFORMING ARTS · Preschool & Kindergarten · BASKETBALL · FUTSAL · ADULT19+ · Elite CHAMPIONSHIPS · GIMNASTICS · BABY GYM · PARKOUR · TENNIS · PINGPONG · PICKLEBALL

Time	Monday G	Monday 1	Monday 2	Monday 3	Tuesday G	Tuesday 1	Tuesday 2	Tuesday 3	Wednesday G	Wednesday 1	Wednesday 2	Wednesday 3	Thursday G	Thursday 1	Thursday 2	Thursday 3	Friday G	Friday 1	Friday 2	Friday 3	Saturday G	Saturday 1	Saturday 2	Saturday 3	Sunday G	Sunday 1	Sunday 2	Sunday 3
08.00 - 08.30																												
08.30 - 09.00																												
09.00 - 09.30			Pre Primary 5&6			LEARN & PLAY 1 6-18 mo	Pre Primary 5&6			Pre Primary 5&6				Pre Primary 5&6	LEARN & PLAY 1 6-18 mo				Pre Primary 5&6									
09.30 - 10.00			5-7 yrs																									
10.00 - 10.30					Walker 12-23 mo	LEARN & PLAY 2 19-35 mo	5-7 yrs		Walker 12-23 mo		LEARN & PLAY 2 19-35 mo		Crawler 6-18 mo	5-7 yrs	LEARN & PLAY 2 19-35 mo	Baby Dance 1-3 yrs					Walker 12-23 mo	Baby 2-3 yrs			Walker 12-23 mo			
10.30 - 11.00																												
11.00 - 11.30	U4		SMART OLOGY 3 3-4 yrs		Jumper 24-35 mo	LEARN & PLAY 2 19-35 mo	SMART OLOGY 3 3-4 yrs	Baby Dance 1-3 yrs	Jumper 24-35 mo	SMART OLOGY 3 3-4 yrs	LEARN & PLAY 2 19-35 mo		Walker 12-23 mo		LEARN & PLAY 2 19-35 mo	Baby Jam 6-18 mo	Jumper 24-35 mo		SMART OLOGY 3 3-4 yrs		U4	Elite U5-7	Baby Dance 1-3 yrs		Crawler 6-18 mo		Baby Dance 1-3 yrs	
11.30 - 12.00																												
12.00 - 12.30	U5-7		SMART OLOGY 4 4-5 yrs		Crawler 6-18 mo	Baby Dance 1-3 yrs	SMART OLOGY 4 4-5 yrs			SMART OLOGY 4 4-5 yrs	Baby Dance 1-3 yrs			SMART OLOGY 4 4-5 yrs	Baby Dance 1-3 yrs			Baby Dance 1-3 yrs	SMART OLOGY 4 4-5 yrs		Jumper 24-35 mo			Elite U5-18	Jumper 24-35 mo		Baby Jam 6-18 mo	
12.30 - 13.00																												
13.00 - 13.30	Walker 12-23 mo				U4	Baby 2-3 yrs		Baby Jam 6-18 mo	Jumper 24-35 mo				Jumper 24-35 mo				Walker 12-23 mo	Move& Groove 3-5 yrs		Baby 2-3 yrs	U5-7	Elite U7-18	Move& Groove 3-5 yrs			Sports U4/5		
13.30 - 14.00																												
14.00 - 14.30	U4	Baby Dance 1-3 yrs			U5-7	P-Ballet 3-5 yrs		Move& Groove 3-5 yrs	U4		Martial Arts 4-7 yrs				Move& Groove 3-5 yrs		U5-7	P-Ballet 3-5 yrs			Elite	P-Ballet 3-5 yrs	Martial Arts 4-7 yrs		U4			
14.30 - 15.00																												
15.00 - 15.30	Jumper 24-35 mo	Move& Groove 3-5 yrs				Primary 5+ yrs		Stage Studio U5-7	U5-7			Move& Groove 3-5 yrs	U4		Stage Studio U5-7		U4	Primary 5+ yrs							U7-18		Tkd. 5+ yrs	
15.30 - 16.00																												
16.00 - 16.30	U5-7	H-Hop U7-18			U7-18				U7-12				U5-7		H-Hop U7-18		U7-12	Gr.1-5 (Skill dep.)	U5-9		U7-18	Gr.1-5 (Skill dep.)			U5-7		Tkd. 5+ yrs	
16.30 - 17.00																												
17.00 - 17.30	U7-12				Parkour 7+ yrs			Trad. Dance U7-18	Elite				U7-12				Elite				Parkour 7+ yrs						Elite 6+ yrs	
17.30 - 18.00																												
18.00 - 18.30	Elite						Elite U8-18											Barre+ Adult19+	Elite U8-18									
18.30 - 19.00																												
19.00 - 19.30																												
19.30 - 20.00																												
20.00 - 21.00																												

INDEX:

PRESCHOOL : LEARN&PLAY1 · LEARN&PLAY2 · SMARTOLOGY3 · SMARTOLOGY4 · KINDERGARTEN : Pre Primary 5 · Pre Primary 6

Gymnastics · Cheerleading · Ballet · Contemporary Dance · Broadway · Basketball · Futsal · Dance · Taekwondo · Elite : up to 90 min class

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

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Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED 16 NOVEMBER 2026

SCAN FOR E-SCHEDULE

Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong
08.00 - 08.30	Enjoy FREE PLAY! Available in Sports Court whenever there are no classes or Private Instructios scheduled!																Adult19+ MATCH PLAY				
08.30 - 09.00																					
09.00 - 09.30																					
09.30 - 10.00																					
10.00 - 10.30					Adult19+ & LADDER PLAY								Sports U3								
10.30 - 11.00																					
11.00 - 11.30				Sports U4/5												U5-7					
11.30 - 12.00																					
12.00 - 12.30				Sports U3			Sports U3			Sports U3						U5-7		Sports U4/5			
12.30 - 13.00																					
13.00 - 13.30	Sports U3						Sports U4/5			Sports U4/5				3-6 yrs		U7-16	7+ yrs				
13.30 - 14.00																					
14.00 - 14.30	U5-12						Elite U5-12	3-6 yrs		U5-12			U5-12			Elite U5-9	3-6 yrs		U5-7	7+ yrs	
14.30 - 15.00																					
15.00 - 15.30	RockFit U5-12	3-6 yrs		U5-7	7+ yrs				U8-18	Elite U5-12	3-6 yrs		U5-9		U8-18		7+ yrs		U9-16	3-6 yrs	
15.30 - 16.00																Elite U8-18					
16.00 - 16.30	U7-16	7+ yrs		RockFit U5-12	3-6 yrs		U5-7		U5-7				U9-18		U5-7		Adult19+ & LADDER PLAY		Elite U8-18		
16.30 - 17.00																					
17.00 - 17.30				U7-16	7+ yrs		Elite U8-18	7+ yrs		RockFit U5-12	7+ yrs		Elite U7-16	7+ yrs							
17.30 - 18.00																					
18.00 - 18.30											7+ yrs			7+ yrs	Adult19+ & LADDER PLAY						
18.30 - 19.00																					
19.00 - 19.30	PERFORMING ARTS Preschool & KINDERGARTEN BASKETBALL FUTSAL ADULT19+			Elite CHAMPIONSHIPS			GIMNASTICS BABY GYM PARKOUR TENNIS PINGPONG PICKLEBALL						Adult19+ & LADDER PLAY								
19.30 - 20.00																					
20.00 - 20.30																					
20.30 - 21.00																					
21.00 - 21.30																					

INDEX: Tennis | Pickleball | Ping Pong | Basketball | Futsal | Elite : up to 90 min class

NEW PROGRAM CLASSIFICATION & PROGRESSION

6 - 6 MO YRS EARLY CHILDHOOD EDUCATION

NEW! ACADEMIC
- PRE-PRIMARY 6 (5-7 YRS)
- PRE-PRIMARY 5 (5-6 YRS)
- SMARTOLOGY 4 (4-5 YRS)
- SMARTOLOGY 3 (3-4 YRS)
- LEARN & PLAY 2 (19-35 MO)
- LEARN & PLAY 1 (6-18 MO)

BEGINNER — ADVANCED

GYMNASTICS
- TOTS GYM U4 (36-47 MO)
- JUMPER (24-35 MO)
- WALKER (12-23 MO)
- CRAWLER (6-18 MO)

BEGINNER — ADVANCED

DANCE
- ELITE DANCE U5-8
- MOVE & GROOVE (3-5 YRS)
- BABY DANCE (1-3 YRS)
- BABY JAM (6-18 MO)

BEGINNER — ADVANCED

SWIMMING
- MOM & ME ADVANCE (5-6 YRS)
- MOM & ME INTERMEDIATE (36-47 MO)
- MOM & ME BEGINNER (6-35 MO)

BEGINNER — ADVANCED

BALLET
- ELITE BALLET U5-7
- PRE-BALLET (3-5 YRS)
- BABY BALLET (2-3 YRS)

BEGINNER — ADVANCED

NEW! TENNIS
- CHAMPIONS (3-6 YRS)
- CHALLENGERS (3-6 YRS)
- FUTURES (3-6 YRS)
- DEVELOPMENTAL (3-6 YRS)

BEGINNER — ADVANCED

MARTIAL ARTS
- INTRO TO MARTIAL ARTS U5-7

BEGINNER — ADVANCED

MULTI-SPORTS
- SPORTS U5
- SPORTS U3

BEGINNER — ADVANCED

5-18 YRS ACTIVITY CLASSES

GYMNASTICS
- ELITE GYMNASTICS L1-10
- GYMNASTICS U12-18
- GYMNASTICS U8-18
- GYMNASTICS U7-12
- KIDS GYMNASTICS U5-7

BEGINNER — ADVANCED

SWIMMING
- ELITE SWIMMING
- STROKE DEVELOPMENT L1-UP

BEGINNER — ADVANCED

PARKOUR
- ELITE PARKOUR (7+ YRS)
- PARKOUR (7+ YRS)

BEGINNER — ADVANCED

BALLET
- ELITE BALLET U7-18
- BARRE 8+ / 19+ YRS
- ADVANCE
- ADVANCE FOUNDATION
- INTERMEDIATE
- INTERMEDIATE FOUNDATION
- BALLET GRADE 1-5
- ELITE BALLET U5-7
- PRIMARY BALLET (5+ YRS)

BEGINNER — ADVANCED

CHEERLEADING
- ELITE CHEER U13-18
- CHEER U13-18
- ELITE CHEER U8-12
- CHEER U8-12
- ELITE CHEER U5-9
- CHEER U5-9

BEGINNER — ADVANCED

FUTSAL
- ELITE FUTSAL U14-18
- FUTSAL U14-18
- ELITE FUTSAL U12-16
- FUTSAL U12-16
- ELITE FUTSAL U8-12
- FUTSAL U8-12
- ELITE FUTSAL U5-7
- FUTSAL U5-7

BEGINNER — ADVANCED

BASKETBALL
- ELITE BASKETBALL GIRLS U14-18
- ELITE BASKETBALL U14-18
- BASKETBALL GIRLS U14-18
- BASKETBALL U14-18
- ELITE BASKETBALL U8-12
- BASKETBALL GIRLS U8-12
- BASKETBALL U8-12
- ELITE BASKETBALL U5-7
- BASKETBALL U5-7

BEGINNER — ADVANCED

DANCE
- ELITE CONTEMPORARY U8-18
- ELITE BROADWAY U5-18
- ELITE DANCE U7-18
- ROCKJAM 8+ / 19+ YRS
- BREAK DANCE U7-18
- TRADITIONAL DANCE U7-18
- HIPHOP U7-18
- K-POP U7-18
- BELLY DANCE U7-18
- ELITE DANCE U5-8
- K-POP U5-7
- BELLY DANCE U5-7
- STAGE STUDIO U5-7

BEGINNER — ADVANCED

NEW! PICKLEBALL
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

NEW DREAM TEAM

BASKETBALL	FUTSAL	GYMNASTICS
U10 | U12 | U14 | U16	U6 | U8 | U10 | U13	LEVEL 3-10

MARTIAL ARTS
- ELITE TAEKWONDO
- TAEKWONDO WHITE-BLACK (5+ YRS)
- MIXED MARTIAL ARTS (6+ YRS)
- MUAY THAI (5+ YRS)
- POOMSAE (5+ YRS)

BEGINNER — ADVANCED

NEW! PING PONG
- PING PONG ADULT19+
- PING PONG U8-18
- PING PONG U5-7

BEGINNER — ADVANCED

NEW! TENNIS
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

ROCKFIT
- ROCKFIT U8-18
- ROCKFIT U5-7

BEGINNER — ADVANCED

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

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Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

ADULT19+

SCAN FOR E-SCHEDULE

Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	Studio	Sports	Pickleball	PingPong	Studio	Sports	Pickleball	PingPong	Studio	Sports	Pickleball	PingPong	Studio	Sports	Pickleball	PingPong	Studio	Sports	Pickleball	PingPong	Studio	Sports	Pickleball	PingPong	Studio	Sports	Pickleball	PingPong
08.00 - 08.30																												
08.30 - 09.00																												
09.00 - 09.30																							Adult19+ MATCH PLAY					
09.30 - 10.00																												
10.00 - 10.30							Adult19+ & LADDER PLAY								Adult19+ & LADDER PLAY													
10.30 - 11.00																												
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16.00 - 16.30																							Adult19+ & LADDER PLAY				Adult19+ & LADDER PLAY	
16.30 - 17.00																												
17.00 - 17.30																												
17.30 - 18.00																												
18.00 - 18.30																	Barre+ Adult19+			Adult19+ & LADDER PLAY								
18.30 - 19.00																												
19.00 - 19.30																			Adult19+ & LADDER PLAY				Adult19+ & MATCH PLAY					
19.30 - 20.00																												
20.00 - 20.30																												
20.30 - 21.00																												

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.*

ADULT19+ Free Trial

Parents of RockStar Students:
30 Days FREE

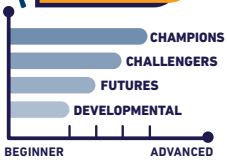
Guests & New Members:
7 Days FREE

INDEX: Basketball | Futsal | Pickleball | Ping Pong

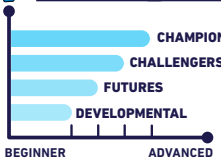
NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT19+

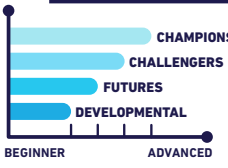
TENNIS



PICKLEBALL

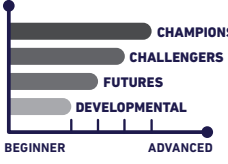


SWIMMING

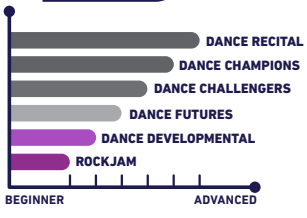


GYMNASTICS

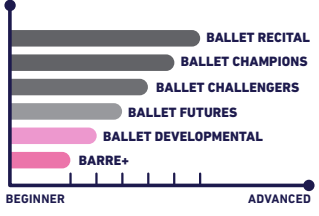
COMING SOON



DANCE



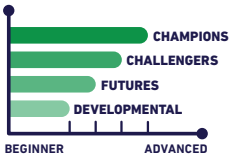
BALLET



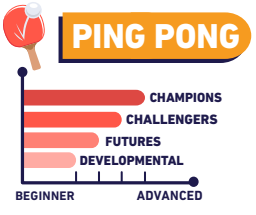
BASKETBALL



FUTSAL



PING PONG



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

Events & Competitions:

Elite CHAMPIONSHIPS

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

Dance Recital | **Ballet & Contemporary Recital**

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 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.*
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.*