

[illegible]



**LOTTE MART
BINTARO**
☎ +6221 3971 4200

Fall Term Schedule
20th Jul until 18th Oct 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	ENJOY FREE PLAY! Play with your friends whenever there are no classes scheduled! 																 Adult19+ MATCH PLAY					
08.30																						
08.30																						
09.00																						
09.00																						
09.30																						
09.30																						
10.00																						
10.00																						
10.30					 Adult19+ & LADDER PLAY					 Adult19+ & LADDER PLAY						Sports U4/5						
10.30																						
11.00																						
11.00																						
11.30				Sports U3			Sports U3						Sports U3			 U5-7			 U5-7			
11.30																						
12.00																						
12.00																						
12.30				Sports U3			Sports U3			Sports U3						Elite  U5-7			 U9-18			
12.30																						
13.00																						
13.00				Sports U4/5	 3-6 yrs		Sports U4/5	 3-6 yrs		 3-6 yrs							 3-6 yrs	 U8-18	 U8-18			
13.30																						
14.00																						
14.00	Sports U4/5	 3-6 yrs		Sports U4/5	 3-6 yrs					 U5-7			 U5-7	 3-6 yrs		 U9-18	 7+ yrs	 U5-7	 U5-7	 3-6 yrs		
14.30																						
14.30																						
15.00							Elite  U5-8		 U8-18	 U5-7	 3-6 yrs		 U9-18	 3-6 yrs		 U5-7	 7+ yrs	 Adult19+ & LADDER PLAY	Elite  Girls U9-18	 7+ yrs		
15.00	 U5-7	 3-6 yrs		 U5-7									 U9-18	 3-6 yrs		 U5-7	 7+ yrs	 Adult19+ & LADDER PLAY	 7+ yrs			
15.30																						
15.30																						
16.00																						
16.00	 U5-7	 7+ yrs		 U5-7	 7+ yrs		Elite  U5-7	 7+ yrs	 U5-7	 U5-7	 7+ yrs		Elite  U5-8	 3-6 yrs		 U8-18	 Adult19+ & LADDER PLAY		 Girls U9-18	 Adult19+ & LADDER PLAY		
16.30																						
16.30																						
17.00	Elite  U5-12			 U9-18	 7+ yrs		Elite  U9-18	 7+ yrs		Elite  U7-16			Elite  U7-18	 7+ yrs		Elite  U5-12	 Adult19+ & LADDER PLAY			 Adult19+ & LADDER PLAY		
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																						

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



LOTTE MART BINTARO

+6221 3971 4200

Fall Term Schedule
20th Jul until 18th Oct 2026

SCAN FOR
E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2
09.00														
09.30														
10.00														
10.30					Swim M&M L1 6-35 mo				Swim M&M L1 6-35 mo		Swim M&M L1 6-35 mo		Swim M&M L1 6-35 mo	
11.00														
11.30									Swim M&M L1 6-35 mo			Swim M&M L2 3-4 yrs		Swim M&M L2 3-4 yrs
12.00														
12.30			Swim M&M L1 6-35 mo								Stroke Dev. L1	Stroke Dev. L3	Swim M&M L3 5-6 yrs	
13.00														
13.30											Swim M&M L1 6-35 mo			Stroke Dev. L1
14.00														
14.30					Swim M&M L2 3-4 yrs		Swim M&M L1 6-35 mo				Swim M&M L2 3-4 yrs		Swim M&M L2 3-4 yrs	
15.00														
15.30	Swim M&M L2 3-4 yrs		Swim M&M L2 3-4 yrs		Swim M&M L2 3-4 yrs		Swim M&M L2 3-4 yrs			Swim M&M L2 3-4 yrs		Swim M&M L3 5-6 yrs	Stroke Dev. L1	
16.00														
16.30	Swim M&M L3 5-6 yrs		Stroke Dev. L1		Swim M&M L3 5-6 yrs			Swim M&M L3 5-6 yrs		Swim M&M L3 5-6 yrs	Stroke Dev. L1		Swim M&M L1 6-35 mo	
17.00														
17.30			Stroke Dev. L2		Stroke Dev. L3/4					Stroke Dev. L1	Stroke Dev. L2		Stroke Dev. L2	
18.00														
18.30										Stroke Dev. L2				
19.00														
19.30														
20.00														
20.30														
21.00														
21.30														

INDEX:



Swimming

Elite : up to 90 min class

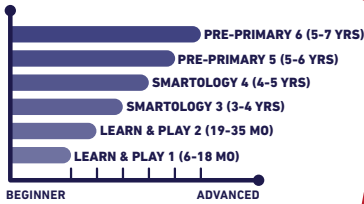
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

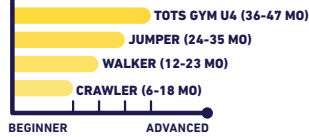
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



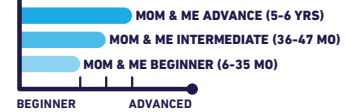
GYMNASTICS



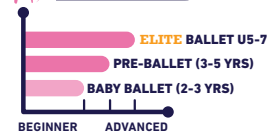
DANCE



SWIMMING

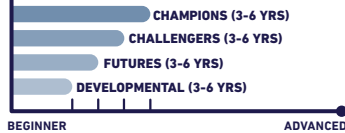


BALLET



NEW!

TENNIS



MARTIAL ARTS



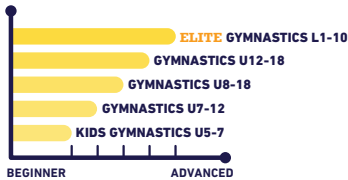
MULTI-SPORTS



5-18
YRS

ACTIVITY CLASSES

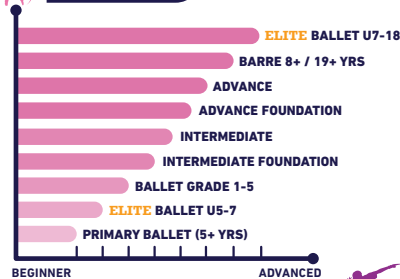
GYMNASTICS



SWIMMING



BALLET



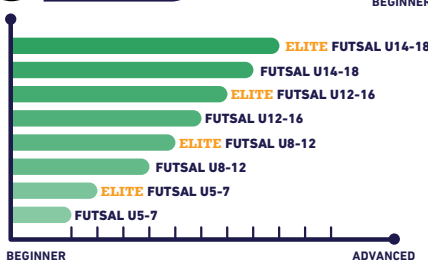
CHEERLEADING



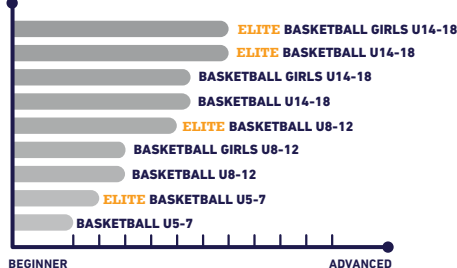
PARKOUR



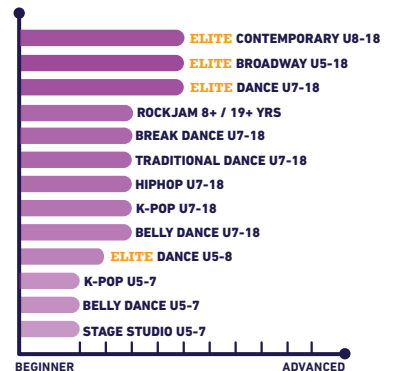
FUTSAL



BASKETBALL

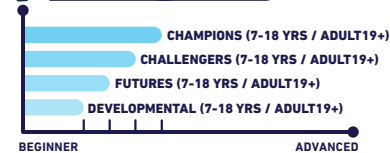


DANCE



NEW!

PICKLEBALL



NEW

DREAM TEAM

BASKETBALL



U10 | U12 | U14 | U16

FUTSAL



U6 | U8 | U10 | U13

GYMNASTICS



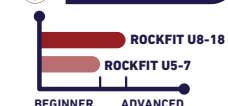
LEVEL 3-10

NEW!

PING PONG



ROCKFIT



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



MARTIAL ARTS



NEW!

TENNIS



	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
Time	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong
08:00																												
08:30																												
09:00																												
09:30																												
10:00																												
10:30																												
11:00																												
11:30																												
12:00																												
12:30																												
13:00																												
14:00																												
15:00																												
15:30																												
16:00																												
17:00																												
18:00																												
19:00																												
20:00																												
21:00																												
22:00																												

ADULT19+ Free Trial

Parents of RockStar Students:
30 Days FREE

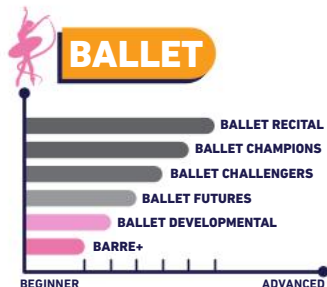
Guests & New Members:
7 Days FREE

INDEX:

- Basketball
- Futsal
- Pickleball
- Ping Pong

NEW PROGRAM CLASSIFICATION & PROGRESSION

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.

Dance Recital Ballet & Contemporary

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.