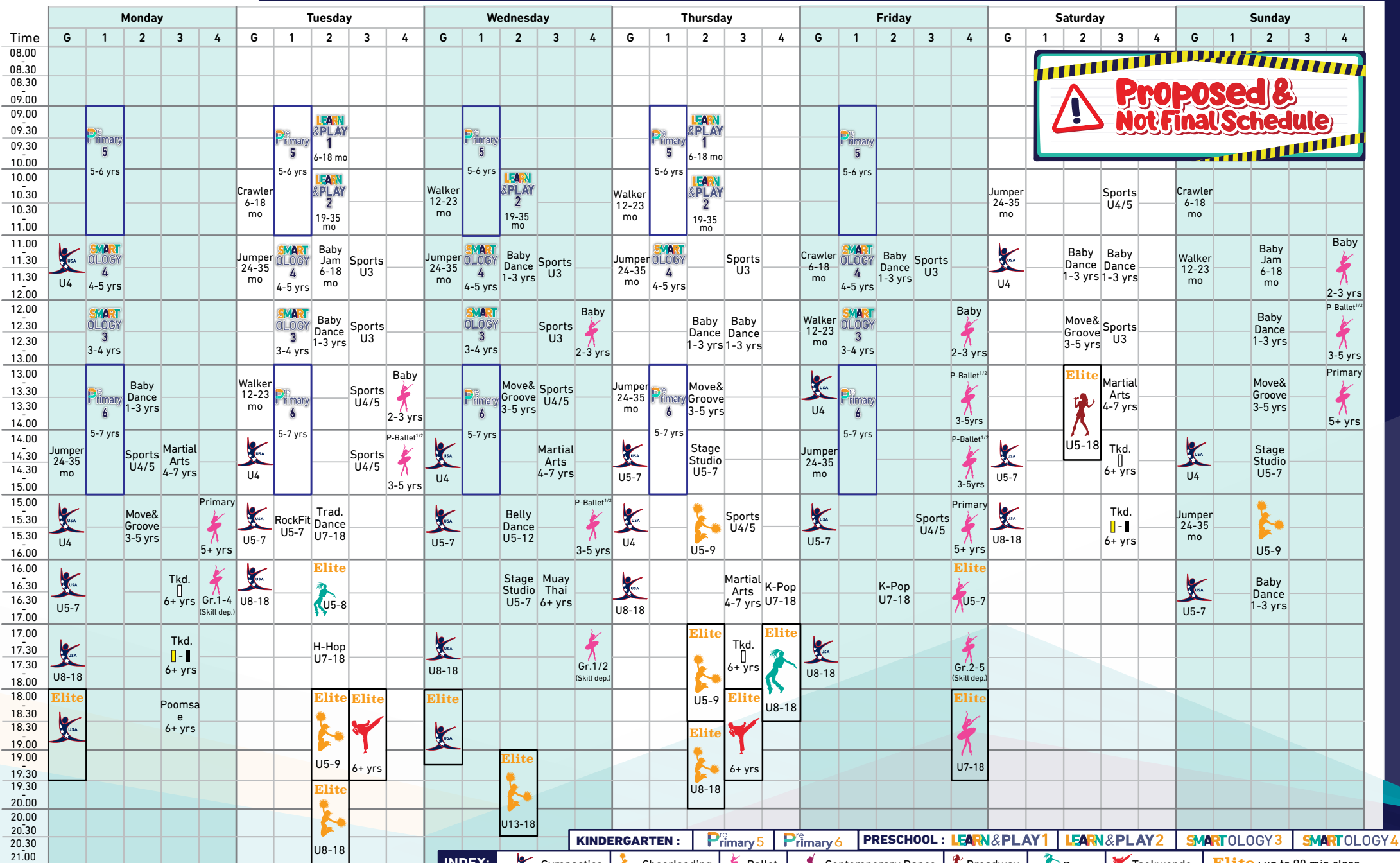




**SCAN FOR
E-SCHEDULE**





LOTTE MART
BINTARO
☎ +6221 3197 4200

Sample Schedule

SCAN FOR
E-SCHEDULE



Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong
09.00																					
09.30																					
10.00																					
10.30																					
11.00					Adult19+						Adult19+						Adult19+				
11.30																					
12.00																U5-7			U5-7		
12.30																Elite					
13.00																			U9-18		
13.30																					
14.00																	3-7 yrs	U8-18	U8-18		
14.30																					
15.00		3-7 yrs					Elite						U5-7			U9-18	8-12 yrs	U5-7	U5-7	3-7 yrs	
15.30																			Elite		
16.00	U5-7			U5-7	3-7 yrs		U5-8	3-7 yrs	U5-7	U5-7	3-7 yrs		U9-18			U5-7	U9-18	Adult19+		U9-18	
16.30							Elite						Elite						LADDER PLAY		
16.30	U5-7	U9-18		U5-7	8-18 yrs			8-18 yrs	U8-18	U5-7	8-18 yrs			3-7 yrs		U8-18	Adult19+	Adult19+	Girls U9-18		
17.00	Elite						U5-7			Elite				8-18 yrs		Elite	LADDER PLAY			Adult19+	
17.30				U8-18	U9-18		Elite							8-18 yrs							
18.00	U5-12									U7-16			U7-18			U5-12					
18.30							U9-18														
19.00																					
19.30																					
20.00																					
20.30				Adult19+																	
21.00																					

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

Proposed & Not Final Schedule



LOTTE MART BINTARO

+6221 3197 4200

Sample Schedule

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											Stroke Dev. L1	Swim M&M L2 3-4 yrs	Stroke Dev. L1	Swim M&M L2 3-4 yrs
12.00														
12.30			Swim M&M L1 6-35 mo									Stroke Dev. L3	Swim M&M L3 5-6 yrs	
13.00														
13.30											Swim M&M L1 6-35 mo	Swim M&M L2 3-4 yrs		
14.00														
14.30							Swim M&M L1 6-35 mo					Swim M&M L3 5-6 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		Stroke Dev. L2		Stroke Dev. L1	
16.00														
16.30			Stroke Dev. L1		Swim M&M L3 5-6 yrs			Swim M&M L3 5-6 yrs	Stroke Dev. L1	Swim M&M L3 5-6 yrs	Stroke Dev. L1		Swim M&M L1 6-35 mo	Swim M&M L2 3-4 yrs
17.00														
17.30			Stroke Dev. L2		Stroke Dev. L3			Stroke Dev. L4	Stroke Dev. L2				Stroke Dev. L2	
18.00														
18.30														
19.00														
19.30														
20.00														
20.30														
21.00														
21.30														

INDEX:



Swimming

Elite: up to 90 min class



**Proposed &
Not Final Schedule**

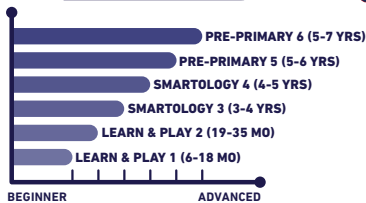
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

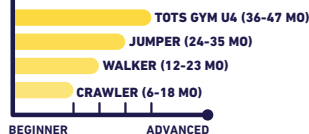
EARLY CHILDHOOD EDUCATION



NEW ACADEMIC



GYMNASTICS



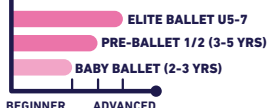
DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



MULTI-SPORTS

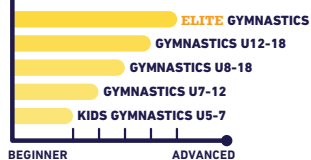


5-18
YRS

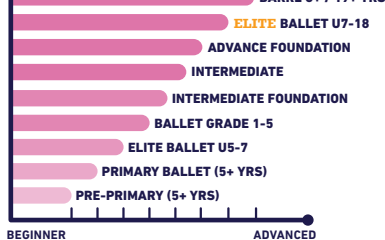
ACTIVITY CLASSES



GYMNASTICS



BALLET



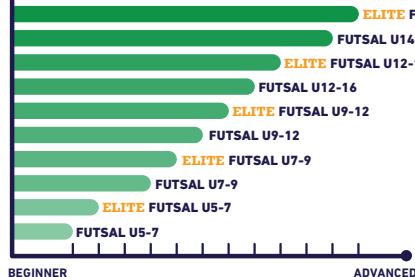
MARTIAL ARTS



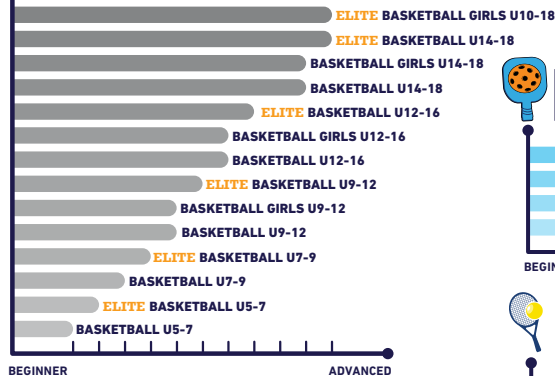
CHEERLEADING



FUTSAL



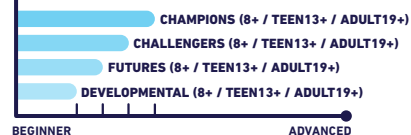
BASKETBALL



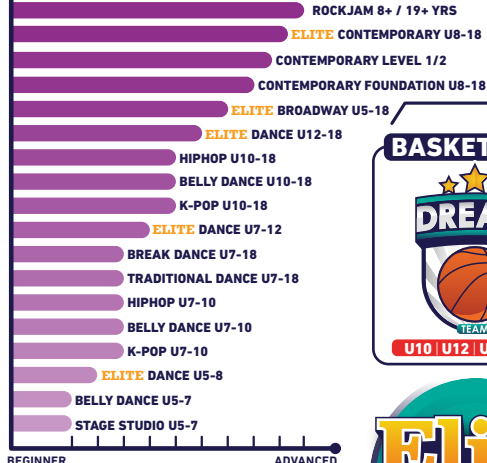
SWIMMING



PICKLEBALL



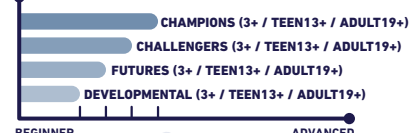
DANCE



NEW DREAM TEAM



TENNIS



PING PONG



ROCKFIT



YOGA



PARKOUR



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



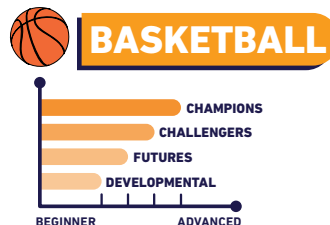
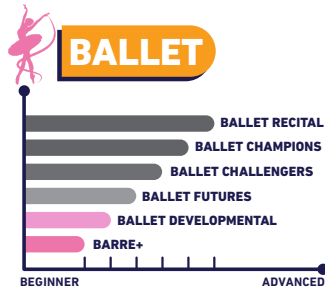
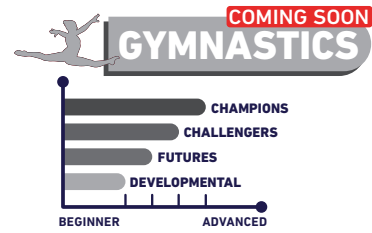
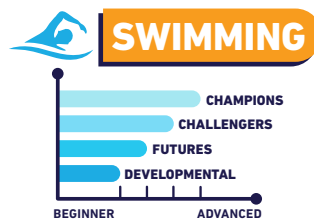
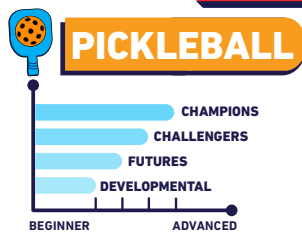
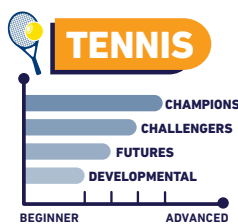
Adult 19+ Only

**SCAN FOR
E-SCHEDULE**

[illegible]

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.