



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

Spring Term Schedule
19th Jan until 19th Apr 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	
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PERFORMING ARTS
 BASKETBALL FUTSAL
Elite Preschool & KINDERGARTEN
 GYMNASTICS BABY GYM
 PICKLEBALL PINGPONG
 ADULT19+ PARKOUR

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



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SCAN FOR
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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 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			Stroke Dev. L4		Stroke Dev. L1	Stroke Dev. L2		Stroke Dev. L2	
18.00														
18.30										Stroke Dev. L2				
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INDEX: Swimming

Elite: up to 90 min class

PERFORMING ARTS
 BASKETBALL FUTSAL
Elite Preschool & KINDERGARTEN
 GYMNASTICS BABY GYM
 PICKLEBALL PINGPONG
 ADULT19+ PARKOUR

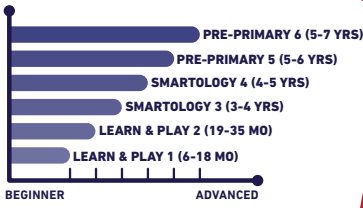
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

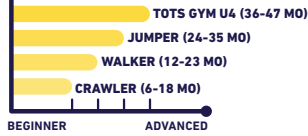
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



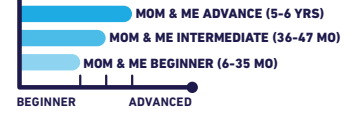
GYMNASTICS



DANCE



SWIMMING

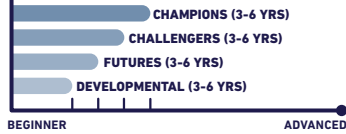


BALLET



NEW!

TENNIS



MARTIAL ARTS



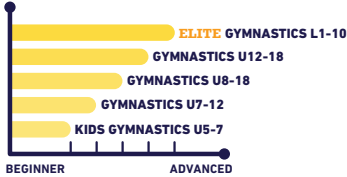
MULTI-SPORTS



5-18
YRS

ACTIVITY CLASSES

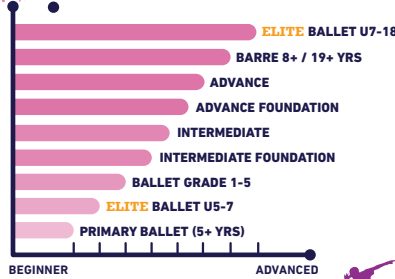
GYMNASTICS



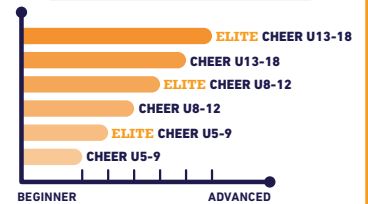
SWIMMING



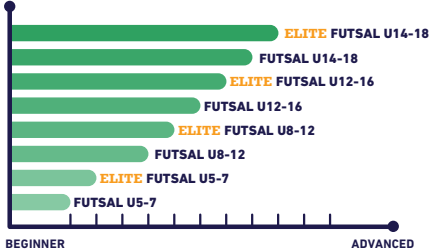
BALLET



CHEERLEADING



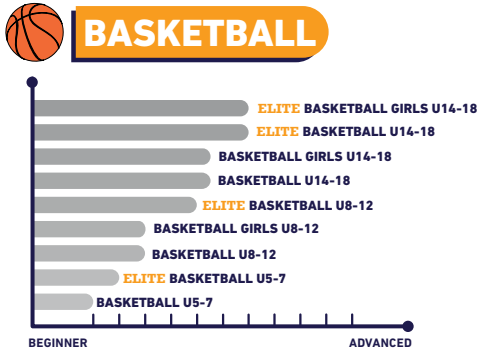
FUTSAL



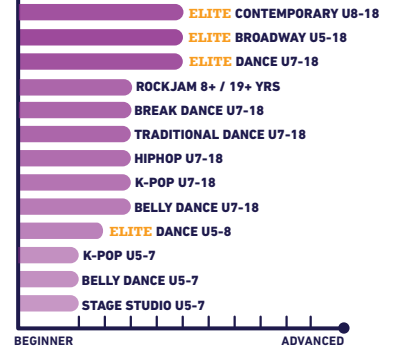
PARKOUR



BASKETBALL



DANCE



NEW!

PICKLEBALL



NEW

DREAM TEAM



NEW!

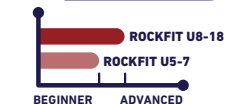
PING PONG



MARTIAL ARTS

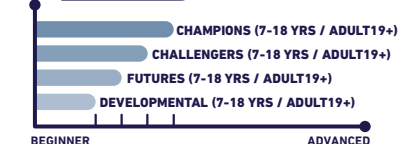


ROCKFIT



NEW!

TENNIS



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



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Spring Term Schedule
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ADULT19+

SCAN FOR
E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	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
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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.

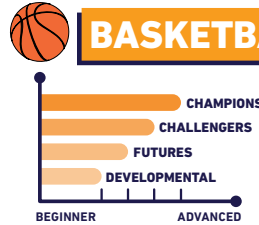
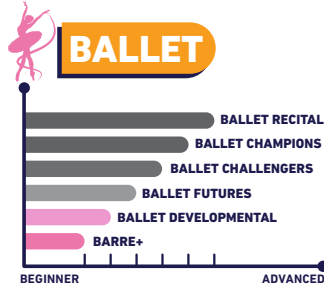
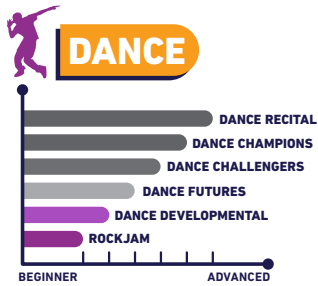
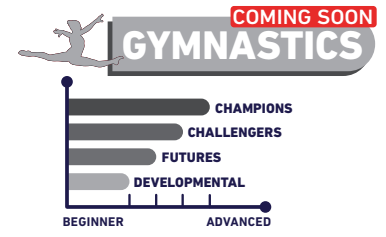
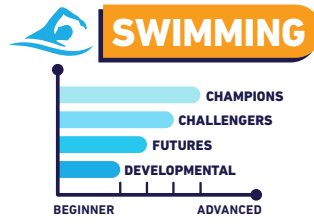
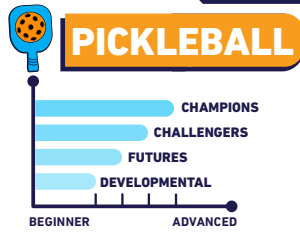
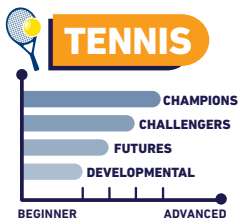
MATCH PLAY 60 Minute match play focusing on Technique, and Teamwork - ideal prep for the next Elite Championships

Barre+ A ballet-inspired fitness class that blends strength, flexibility, and grace.

INDEX: Basketball | Futsal | Pickleball | Ping Pong

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

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.