





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

**Spring Term Schedule**  
19<sup>th</sup> Jan until 19<sup>th</sup> Apr 2026  
**Updated Feb 23<sup>rd</sup>**

**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																						
08.30																						
09.00																						
09.30																						
10.00																						
10.30																						
10.30																						
11.00																						
11.30				Sports U3			Sports U3					Sports U3										
12.00																						
12.30				Sports U3			Sports U3			Sports U3												
12.30																						
13.00																						
13.00																						
13.30				Sports U4/5			Sports U4/5															
13.30																						
14.00																						
14.00																						
14.30	Sports U4/5			Sports U4/5																		
14.30																						
15.00																						
15.00																						
15.30																						
15.30																						
16.00																						
16.00																						
16.30																						
16.30																						
17.00																						
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

## Spring Term Schedule 19<sup>th</sup> Jan until 19<sup>th</sup> Apr 2026

Updated Feb 16<sup>th</sup>

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 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				
19.00														
19.30														
20.00														
20.30														
21.00														
21.30														

INDEX:



Swimming

Elite: up to 90 min class

Registration Opens  
**April 2026**

# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

## EARLY CHILDHOOD EDUCATION

**NEW!**

### ACADEMIC



### GYMNASICS



### DANCE



### SWIMMING

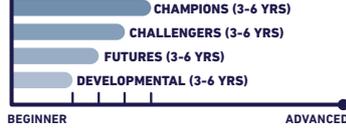


### BALLET



**NEW!**

### TENNIS



### MARTIAL ARTS



### MULTI-SPORTS



**5-18**  
YRS

## ACTIVITY CLASSES

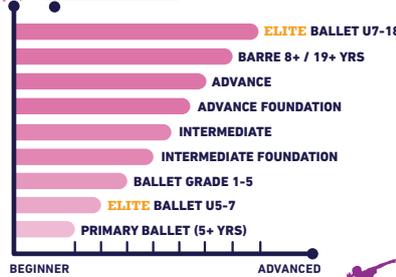
### GYMNASICS



### SWIMMING



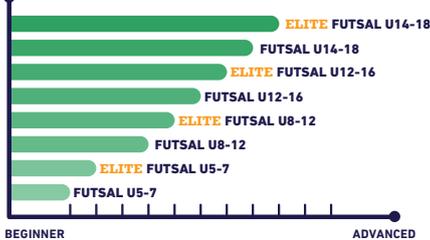
### BALLET



### CHEERLEADING



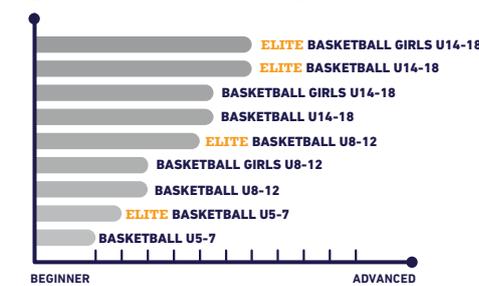
### FUTSAL



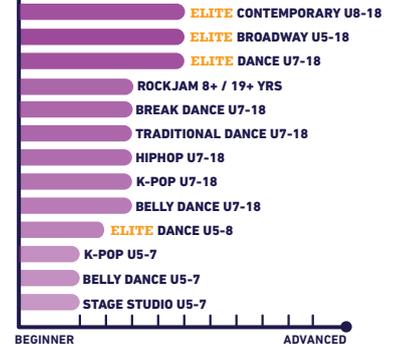
### PARKOUR



### BASKETBALL

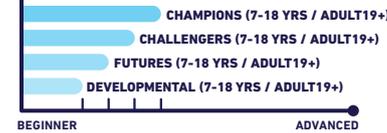


### DANCE



**NEW!**

### PICKLEBALL



**NEW**

### DREAM TEAM



**NEW!**

### PING PONG



### MARTIAL ARTS

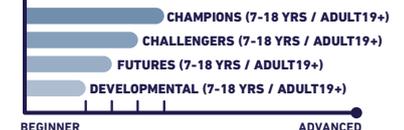


### ROCKFIT



**NEW!**

### TENNIS



**Elite CLASS**

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



# LOTTE MART BINTARO

+6221 3971 4200

Spring Term Schedule  
19<sup>th</sup> Jan until 19<sup>th</sup> Apr 2026

## 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
08.00																												
08.30																												
09.00																												
09.00																												
09.30																												
09.30																												
10.00																												
10.00																												
10.30																												
10.30																												
11.00																												
11.00																												
11.30																												
11.30																												
12.00																												
12.00																												
12.30																												
12.30																												
13.00																												
13.00																												
14.00																												
14.00																												
15.00																												
15.00																												
15.30																												
15.30																												
16.00																												
16.00																												
16.30																												
16.30																												
17.00																												
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																												
21.30																												
21.30																												
22.00																												

**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.

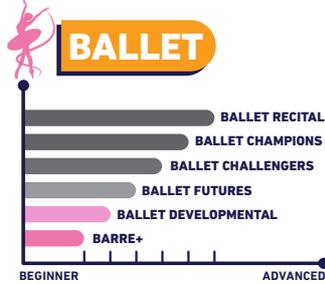
**MATCH PLAY** 60 Minute match play focusing on Technique, and Teamwork - ideal prep for the next Elite Championships

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

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 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.