ROCKSTAR ACADEMY

LOTTE MART BINTARO

+6221 3971 4200

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED 16 NOVEMBER 2026

SCAN FOR E-SCHEDULE



Time	Monday G	Monday 1	Monday 2	Monday 3	Monday 4	Tuesday G	Tuesday 1	Tuesday 2	Tuesday 3	Tuesday 4
08.00 - 08.30										
08.30 - 09.00										
09.00 - 09.30		Pre Primary 5&6 5-7 yrs		SMARTOLOGY 3 3-4 yrs			Pre Primary 5&6 5-7 yrs	LEARN&PLAY 1 6-18 mo		
09.30 - 10.00										
10.00 - 10.30						Crawler 6-18 mo		LEARN&PLAY 2 19-35 mo		
10.30 - 11.00										
11.00 - 11.30	U4	SMARTOLOGY 3 3-4 yrs	LEARN&PLAY 2 19-35 mo			Jumper 24-35 mo	SMARTOLOGY 3 3-4 yrs	Baby Jam 6-18 mo	Baby Dance 1-3 yrs	
11.30 - 12.00										
12.00 - 12.30		SMARTOLOGY 4 4-5 yrs				Jumper 24-35 mo	SMARTOLOGY 4 4-5 yrs	Baby Dance 1-3 yrs		
12.30 - 13.00										
13.00 - 13.30	U5-7		Baby Dance 1-3 yrs			Walker 12-23 mo				Baby 2-3 yrs
13.30 - 14.00										
14.00 - 14.30	Jumper 24-35 mo			Martial Arts 4-7 yrs	P-Ballet 3-5 yrs	U4		Move& Groove 3-5 yrs		P-Ballet 3-5 yrs
14.30 - 15.00										
15.00 - 15.30	U4		Move& Groove 3-5 yrs		Primary 5+ yrs	U5-7		K-Pop U5-7	RockFit U5-7	
15.30 - 16.00										
16.00 - 16.30	U5-7			Tkd. 5+ yrs		U8-18		Elite U5-8		Primary 5+ yrs
16.30 - 17.00									NEW Tkd. 5+ yrs	
17.00 - 17.30	U8-18			Tkd. 5+ yrs						Elite U8-18
17.30 - 18.00										
18.00 - 18.30	Elite			Poom-sae 5+ yrs				Elite U5-9	Elite 6+ yrs	
18.30 - 19.00										
19.00 - 19.30								Elite U8-18		
19.30 - 20.00										
20.00 - 20.30										
20.30 - 21.00										

Time	Wednesday G	Wednesday 1	Wednesday 2	Wednesday 3	Wednesday 4	Thursday G	Thursday 1	Thursday 2	Thursday 3	Thursday 4
08.00 - 08.30										
08.30 - 09.00										
09.00 - 09.30		Pre Primary 5&6 5-7 yrs		SMARTOLOGY 3 3-4 yrs			Pre Primary 5&6 5-7 yrs	LEARN&PLAY 1 6-18 mo	SMARTOLOGY 3 3-4 yrs	
09.30 - 10.00										
10.00 - 10.30	Walker 12-23 mo		LEARN&PLAY 2 19-35 mo	Baby Dance 1-3 yrs		Walker 12-23 mo		LEARN&PLAY 2 19-35 mo		
10.30 - 11.00										
11.00 - 11.30	Jumper 24-35 mo	SMARTOLOGY 3 3-4 yrs	LEARN&PLAY 2 19-35 mo	Baby Dance 1-3 yrs		Jumper 24-35 mo		Baby Dance 1-3 yrs		
11.30 - 12.00										
12.00 - 12.30		SMARTOLOGY 4 4-5 yrs			Baby 2-3 yrs		SMARTOLOGY 4 4-5 yrs	Baby Dance 1-3 yrs		
12.30 - 13.00										
13.00 - 13.30			Move& Groove 3-5 yrs			Jumper 24-35 mo		Move& Groove 3-5 yrs		
13.30 - 14.00										
14.00 - 14.30	U4			Martial Arts 4-7 yrs	P-Ballet 3-5 yrs	U5-7		Stage Studio U5-7	Sports U4/5	
14.30 - 15.00										
15.00 - 15.30	U5-7		Belly Dance U5-12	Tkd. 5+ yrs	P-Ballet 3-5 yrs	U4			U5-9	
15.30 - 16.00										
16.00 - 16.30	NEW U5-7		Stage Studio U5-7	Muay Thai 5+ yrs	Elite U7-18	U8-18			Martial Arts 4-7 yrs	K-Pop U7-18
16.30 - 17.00										
17.00 - 17.30	U8-18					Parkour 7+ yrs		Elite U5-9	Tkd. 5+ yrs	H-Hop U7-18
17.30 - 18.00										
18.00 - 18.30	Elite							Elite U8-18	Elite 6+ yrs	
18.30 - 19.00										
19.00 - 19.30										
19.30 - 20.00										
20.00 - 20.30										
20.30 - 21.00										

Time	Friday G	Friday 1	Friday 2	Friday 3	Friday 4	Saturday G	Saturday 1	Saturday 2	Saturday 3	Saturday 4
08.00 - 08.30										
08.30 - 09.00										
09.00 - 09.30		Pre Primary 5&6 5-7 yrs		SMARTOLOGY 3 3-4 yrs						
09.30 - 10.00										
10.00 - 10.30	Jumper 24-35 mo					Jumper 24-35 mo				
10.30 - 11.00										
11.00 - 11.30	Crawler 6-18 mo	SMARTOLOGY 3 3-4 yrs	LEARN&PLAY 2 19-35 mo	Baby Dance 1-3 yrs		U4		Baby Dance 1-3 yrs	Baby Dance 1-3 yrs	
11.30 - 12.00										
12.00 - 12.30	Walker 12-23 mo	SMARTOLOGY 4 4-5 yrs			Baby 2-3 yrs			Move& Groove 3-5 yrs	Sports U3	
12.30 - 13.00										
13.00 - 13.30	U4				P-Ballet 3-5 yrs	U5-7		Elite U5-18	Martial Arts 4-7 yrs	
13.30 - 14.00										
14.00 - 14.30	Jumper 24-35 mo		Move& Groove 3-5 yrs		P-Ballet 3-5 yrs				Tkd. 5+ yrs	
14.30 - 15.00										
15.00 - 15.30	U5-7			Sports U4/5	Primary 5+ yrs	U8-18				
15.30 - 16.00										
16.00 - 16.30	U5-7		K-Pop U7-18		Elite U5-7	Elite				
16.30 - 17.00										
17.00 - 17.30	U8-18		K-Pop U5-7		Gr.1-5 (Skill dep.)					
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										

Time	Sunday G	Sunday 1	Sunday 2	Sunday 3	Sunday 4
08.00 - 08.30					
08.30 - 09.00					
09.00 - 09.30					
09.30 - 10.00					
10.00 - 10.30	Crawler 6-18 mo				
10.30 - 11.00					
11.00 - 11.30	Walker 12-23 mo		Baby Jam 6-18 mo		
11.30 - 12.00					
12.00 - 12.30			Baby Dance 1-3 yrs		P-Ballet 3-5 yrs
12.30 - 13.00					
13.00 - 13.30			Move& Groove 3-5 yrs		Primary 5+ yrs
13.30 - 14.00					
14.00 - 14.30	U4		Stage Studio U5-7	U8-18	Baby 2-3 yrs
14.30 - 15.00					
15.00 - 15.30	Jumper 24-35 mo			U5-9	
15.30 - 16.00					
16.00 - 16.30	U5-7		Baby Dance 1-3 yrs		
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					

KINDERGARTEN : Pre Primary 5 | Pre Primary 6

PRESCHOOL : LEARN&PLAY 1 | LEARN&PLAY 2 | SMARTOLOGY 3 | SMARTOLOGY 4

Gymnastics | Cheerleading | Ballet | Broadway | Dance | Taekwondo

INDEX

ROCKSTAR ACADEMY

LOTTE MART BINTARO

+6221 3971 4200

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																					
08.30-09.00																	Adult19+ MATCH PLAY				
09.00-09.30																					
09.30-10.00	NEW Sports U4/5																				
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																					
13.00-13.30				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																					
14.00-14.30	Sports U4/5	3-6 yrs		Sports U4/5	3-6 yrs		U5-7	3-6 yrs		U5-7			U5-7	3-6 yrs		U9-18	7+ yrs	U5-7	U5-7	3-6 yrs	
14.30-15.00																					
15.00-15.30	U5-7	3-6 yrs		U5-7			Elite U5-8		U8-18	U5-7	3-6 yrs		U9-18	3-6 yrs		U5-7	7+ yrs		Elite Girls U9-18	7+ yrs	
15.30-16.00																					
16.00-16.30	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				
16.30-17.00																					
17.00-17.30	Elite U5-12			U9-18	7+ yrs			7+ yrs	Adult19+ & LADDER PLAY	Elite U7-16			U7-18	7+ yrs		Elite U5-12					
17.30-18.00																					
18.00-18.30				Elite U9-18			Elite U9-18	Adult19+ & LADDER PLAY		U7-16	7+ yrs			7+ yrs							
18.30-19.00																					
19.00-19.30														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

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

LOTTE MART BINTARO

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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	
	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														
09.30 - 10.00														
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	
10.30 - 11.00														
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
11.30 - 12.00														
12.00 - 12.30			Swim M&M L1 6-35 mo								Stroke Dev. L1	Stroke Dev. L3	Swim M&M L3 5-6 yrs	
12.30 - 13.00														
13.00 - 13.30											Swim M&M L1 6-35 mo			Stroke Dev. L1
13.30 - 14.00														
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	
14.30 - 15.00														
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	
15.30 - 16.00														
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	
16.30 - 17.00														
17.00 - 17.30			Stroke Dev. L2		Stroke Dev. L3/4		Stroke Dev. L1			Stroke Dev. L1	Stroke Dev. L2		Stroke Dev. L2	
17.30 - 18.00														
18.00 - 18.30										Stroke Dev. L2				
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: Swimming | **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
- ELITEDANCE 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
- ELITEBALLET 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
- ELITEGYMNASTICS L1-10
- GYMNASTICS U12-18
- GYMNASTICS U8-18
- GYMNASTICS U7-12
- KIDS GYMNASTICS U5-7

BEGINNER — ADVANCED

SWIMMING
- ELITESWIMMING
- STROKE DEVELOPMENT L1-UP

BEGINNER — ADVANCED

PARKOUR
- ELITEPARKOUR (7+ YRS)
- PARKOUR (7+ YRS)

BEGINNER — ADVANCED

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

BEGINNER — ADVANCED

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

BEGINNER — ADVANCED

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

BEGINNER — ADVANCED

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

BEGINNER — ADVANCED

DANCE
- ELITECONTEMPORARY U8-18
- ELITEBROADWAY U5-18
- ELITEDANCE 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
- ELITEDANCE 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
- ELITETAEKWONDO
- 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

LOTTE MART BINTARO

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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	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																												
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																												
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																							Adult19+ & LADDER PLAY					
17.00 - 17.30												Adult19+ & LADDER PLAY																
17.30 - 18.00																												
18.00 - 18.30										Adult19+ & LADDER PLAY																		
18.30 - 19.00																												
19.00 - 19.30																		Adult19+ & LADDER PLAY										
19.30 - 20.00																												
20.00 - 20.30																												
20.30 - 21.00																												
21.00 - 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.*

RockJam — *High-energy fusion of dance fitness and PoundFit for a full-body workout.*

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

ADULT19+ Free Trial

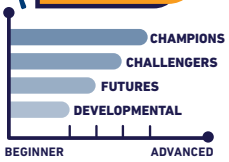
Parents of RockStar Students:
30 Days FREE

Guests & New Members:
7 Days FREE

INDEX: Basketball | Futsal | Pickleball | Ping Pong

NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT19+

TENNIS


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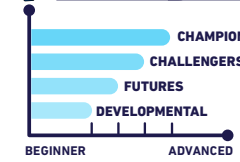

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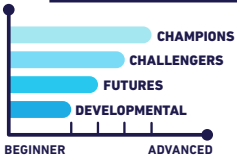
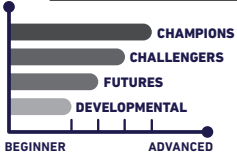
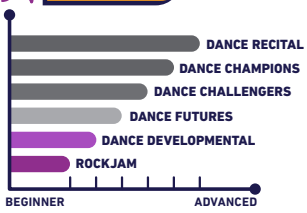


GYMNASTICS
COMING SOON



DANCE


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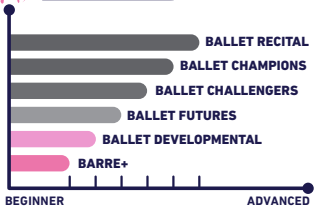
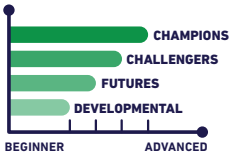
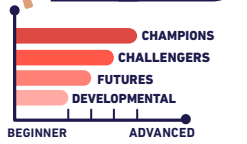


BASKETBALL


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.*