

LOTTE MART BINTARO \$\infty\$ +6221 3971 4200

Winter Term Schedule 20th Oct 2025 until 18th Jan 2026 SCAN FOR E-SCHEDULE



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		ı	Monday				1	uesda	у		Wednesday					Thursday				Friday							Sunday							
Time	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1 2	_	3 4	G	1	2	3 4	4
08.00 08.30																									($\overline{}$					DEGE	SA AIR I	CAPTC	
08.30										1																ነ ፴-	ן רו	í 🗸		PEI	Krok		GARTS	
09.00																											ו 📙 עו						PEUTSAL	
09.00								LEARN										LEARN											<u> </u>	Preso	chôol à	k KINDI	ERGARTEN	ě l
09.30		Primary					Primary	LEARN & PLAY 1	1	_		Primary					Primary	LEARN &PLAY 1				Primary	,			/CHA	MPION	SH	PS**/	GM	NAST	CS PIC	KLEBALL	a
09.30 10.00		5&6					5&6	6-18 mo				5&6					5&6	6-18 mo				5&6								_				ا لـ
10.00		5-7 yrs					5-7 yrs	LEARN		+		5-7 yrs	IFARNI				5-7 yrs	IEADNI				5-7 yrs						_						
10.30						Crawler		&PLAY 2			Walker		&PLAY	Baby		Walker		LEARN &PLAY			Jumper					Jumper				Crawle	r			
10.30						6-18 mo		2 19-35			12-23 mo		2 19-35	Dance 1-3 yrs		12-23 mo		2			24-35 mo					24-35 mo				6-18 mo				
11.00								mo					mo			1110		19-35 mo																
11.00	I	SMART OLOGY					SMART	Baby			Jumper	SMART	Dahii				SMART	D-L.			CI	SMART	Dalan				Bab	ıv B	aby			Baby	Baby	
11.30	USA	OLOGY 4				Jumper 24-35	OLOGY 4	Jam 6-18			Jumper 24-35		Baby Dance				OLOGY 4	Baby Dance			Crawler 6-18	ULUUI	Dance			USA	Dand	ce D	ance	Walker 12-23		Jam 6-18		
11.30	U4	4-5 yrs				mo	4-5 yrs				mo	4-5 yrs	1-3 yrs			mo	4-5 yrs	1-3 yrs			mo	4-5 yrs	1-3 yrs			U4	1-3 y	/rs 1-	3 yrs	mo		mo		
12.00 12.00							-			+					<u> </u>										Date			-					2-3 yr P-Balle	
12.30		SMART OLOGY					SMART OLOGY	Baby				SMART OLOGY			Baby			Baby			Walker	SMART OLOGY	,		Baby		Move	e& sr	onte			Baby	3 .	
12.30		3					3	Dance 1-3 yrs				OLOGY 3			*			Dance 1-3 yrs			12-23 mo	3			4		Groo 3-5 y	ve or	U3			Dance 1-3 yrs	- 4	
13.00		3-4 yrs					3-4 yrs	,				3-4 yrs			2-3 yrs			,				3-4 yrs	5		2-3 yrs			,					3-5 yr	
13.00						Malkor.				Baby			0								USA				P-Ballet ^{1/2}		Rept	tal M	artial			Move&	Primar	γ
13.30		Primary	Baby Dance			Walker 12-23	Primary			- #		Primary	Move& Groove			Jumper 24-35	Pre rimary	Move& Groove			USA	Primary	70		*		T ₂	. 7	Arts			Groove		
13.30		5&6	1-3 yrs			mo	5&6			2-3 yrs		5&6	3-5 yrs			mo	5&6	3-5 yrs			U4	5&6	1		3-5yrs		7	4-	7 yrs			3-5 yrs		
14.00 14.00	-	5-7 yrs			P-Ballet		5-7 yrs			P-Ballet		5-7 yrs					5-7 yrs					5-7 yrs	NEW		P-Ballet		—/ <i>/</i>)	۱ ۱					5+ yr:	-
14.30	Jumper 24-35			Martial	b	USA				1.	USA			Martial		USA		Stage			Jumper	-	Move&		r-ballet	USA	U5-	18 7	kd.	USA		Stage	L	
14.30	24-35 mo			Arts 4-7 yrs	7	U4				- 🐐				Arts 4-7 yrs		U5-7		Studio U5-7			24-35 mo		Groove 3-5 yrs		1 1 1			6-	yrs	U4	-	Studio U5-7		
15.00					3-5 yrs	04				3-5 yrs	U4			+ / yıs		U5-7					1110		3-5 yi s		3-5 yrs	U5-7				04		00 /	U8-18	
15.00	رما			F	Primary	سوا		Trad.			_ ما		D. II		P-Ballet	ساما			_		سوا				Primary	10		Τ,	Γkd.				•	
15.30	USA		Move& Groove		*	USA		Dance		it	USA		Belly Dance		*	USA		-	Sports U4/5		USA			Sports U4/5	5	USA] - [Jumpe 24-35	r		_	
15.30	U4		3-5 yrs		_7\	U5-7		U7-18	03-7		U5-7		U5-12			U4		U5-9	0 ., 0		U5-7			04/5	5+ yrs	U8-18			yrs	mo			U5-9	
16.00 16.00				-	5+ yrs	1.		(D)		-					3-5 yrs										_			-		-			03-7	
16.30	USA			Tkd.	1	USA		Recital					Stage	Muay		le			Martial Arts	K Pon			K-Pop		Recital							Baby		
16.30	_				7	U8-18		1 0		+			Studio U5-7			USA			Arts 4-7 yrs	U7-18			U7-18		LUE 7			_		JUSA		Dance		
17.00	U5-7				Gr.1-4 (Skill dep.)			U5-8					00 /	0. yıs		U8-18			7 / 913						7 U5-7					U5-7		1-3 yrs		
17.00	. 1			Tkd.						NEW	روا				b			Recital		Recital	ء ما		NEW		b									
17.30	USA			- I - I				H-Hop U7-18		Barre+ Adult19+	USA				*				Tkd.		USA		K-Pop		*									
17.30	U8-18			6+ yrs				07-10		Adult 17+	U8-18				Gr.1/2			L .	6+ yrs		U8-18		U5-7		Gr.2-5									
18.00 18.00										_					Skill dep.)			-	171144	1					(Skill dep.)			+			-			
18.30	Elite			Poom-				Recital	Elite	е	Elite							U5-9	Elite	U8-18														
18.30	USA			sae 6+ yrs				T										Partner							Founda-			_						
19.00	<u> </u>			Í					T		USA							26000	7						tion U8-18									
19.00								U5-9	6+ vr				Rectal					E.	6+ vrc															<u> </u>
19.30 19.30									6+ yrs	2			-						6+ yrs															7
20.00								Recital					20					U8-18												:1 = (e	1871		NOW	B
20.00								E.					U13-18																					
20.30 20.30								1					013-16		KINDE	RGAR	TEN ·	pre	imary 5	I P	imary (4 PI	RESCH	00L :	LEARN	&PLAY	1 LFA	RN &	PLAY2	SMA	RTOLO	DGY 3	SMARTOL	OGV
20.30								U8-18			JAU	DEX:	10	Gymna				$\overline{}$	1.2					_	∦ Broa		₹ <u>1</u>	_	Taekw	_				
									_		— IN	JEX:	USA	Gvmna	stics	C C	heerle	adına l	🦣 Ba	let i	🚽 Co	ntemp	orary D	ance l	♠ Broad	dwav I	Dance	e	Taekw	ondo	CHITE	et au : 🚼	90 min class	s

Gymnastics



LOTTE MART BINTARO +6221 3971 4200

Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

SCAN FOR E-SCHEDULE



	Monday Tuesday							Wednesday			Thursday			Friday			Saturday		Sunday			
Time	Sports	Tennis & PB P	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	
08.00 08.30																						
08.30	להו ל	цАль			ERFORMING ARTS												😳					
09.00		ווווו		BASKE	TBALL 😲	FUTSAL											Adult19+					
09.00	السيا			Preschool	& KINDER	GARTEN																
09.30	CHAN	HAMPIONSHIPS A GIMNASTICS PICKLEBALL															MATCH PLAY	<u> </u>				
09.30 10.00				G((VIIAY2)	ACS PICK	LEDALL																
10.00																						
10.30																Sports						
10.30																Ú4/5						
11.00					Adult19+ &						Adult19+ &											
11.00 11.30				Sports	LADDER		Sports				LADDER		Sports			1						
11.30				U3	PLAY		U3				PLAY		U3			_						
12.00																U5-7			U5-7			
12.00																Elite						
12.30				Sports			Sports U3			Sports U3						_						
12.30 13.00				U3			US												U9-18			
13.00																		<u> </u>				
13.30				Sports			Sports									U5-7			③			
13.30				Ú4/5			Ú4/5											110 10	U8-18			
14.00 14.00													_	NEW			3-7 yrs	U8-18				
14.30	Sports			Sports															③	9		
14.30	U4/5	•		U4/5	•		171114	7					_			_						
15.00		3-7 yrs			3-7 yrs		Elite	3-7 yrs					U5-7	3-7 yrs		U9-18	8-12 yrs	U5-7	U5-7	3-7 yrs		
15.00	AFC)			③						1			1						Elite			
15.30 15.30										_	7											
16.00	U5-7			U5-7			U5-8		U8-18	U5-7	3-7 yrs		U9-18			U5-7	U9-18	Adult19+		U9-18		
16.00	_			46	<u>Q</u>		Elite						Elite					& LADDER	Girls			
16.30	③				V V		_			③						③		PLAY	U9-18			
16.30 17.00	U5-7	U9-18		U5-7	8-18 yrs			8-18 yrs	U5-7	U5-7	8-18 yrs			3-7 yrs		U8-18	Adult19+			Adult19+		
17.00				A			_		00 7		0 10 110					T2124 -	Adult19+			&		
17.30	Elite						U5-7			Elite			U5-8			Elite	PLAY			PLAY		
17.30				U9-18	ቔ U9-18		Elite	U9-18						8-18 yrs			اللمقال					
18.00 18.00					07-10			U7-18					③									
18.00	U5-12			Elite						U7-16			U7-18			U5-12						
18.30							U9-18				_											
19.00							U7-18		Adult19+	③	U9-18			U9-18								
19.00				U9-18				(3)	LADDER)	U7-16				()								
19.30 19.30									PLAY													
20.00								Adult19+	تنب					Adult19+								
20.00				_				& LADDER						LADDER								
20.30				Adult19+				PLAY		Adult19+				PLAY				P	ag	TERIN	(O)(V)(I)	
20.30 21.00				& [MATCH]						MATCH)								LVX		ال ديت ر		
21.00				PLAY						PLAY			. 1 🙉		1 42	1 🕰			1			
21.30											INDEX:	Ten	nis 🧛	Pickleball	Ping	Pong ኺ	Basketbal	l 🦭 Fu	itsal Elite : up to 90 min class			



LOTTE MART BINTARO +6221 3971 4200

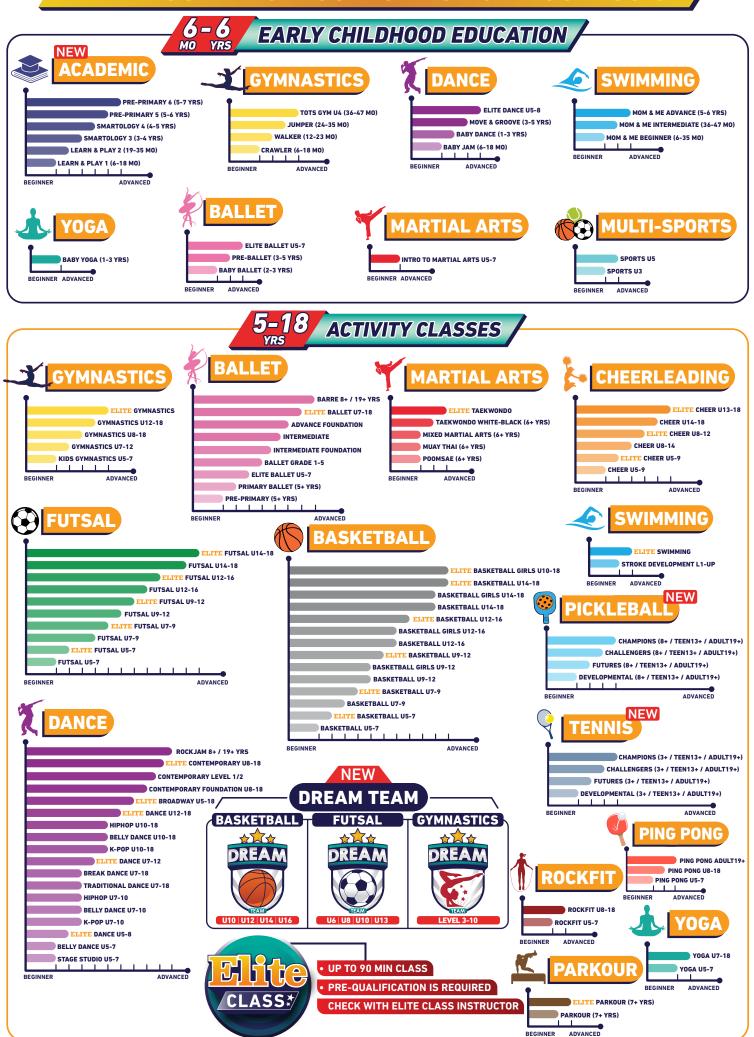
Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

SCAN FOR E-SCHEDULE



l <u>.</u> .	Monday e Swim 1 Swim 2		Tues	sday	Wedne	esday	Thur	sday	Fric	lay	Satu	rday	Sunday			
Time	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	5 (2) 5	0 л	PERFORM	IING ARTS												
09.30 10.00			PACKETRAL	L QFUTSAL												
10.00	ן נושו לן,	」以りで														
10.30	CHA BADI	ONGILIDO V		NDERGARTEN	Swim				Swim M&M L1		Swim		Swim M&M L1			
10.30	/ LHAMPI	ONSHIPS 🖈	GMNASTICS	PICKLEBALL®	Swim M&M L1 6-35 mo				6-35 mo		Swim M&M L1 6-35 mo		6-35 mo			
11.00		7			0 000				0 000				0 000			
11.00									Swim			Swim		Swim		
11.30 11.30									Swim M&M L1			Swim M&M L2		Swim M&M L2		
11.30 12.00									6-35 mo			3-4 yrs		3-4 yrs		
12.00			<u>.</u>										<u> </u>			
12.30			Swim M&M L1								Stroke Dev. L1	Stroke Dev. L3	Swim M&M L3			
12.30			6-35 mo								Dev. L1	Dev. L3	5-6 yrs			
13.00 13.00																
13.30											Swim M&M L1			Stroke		
13.30											M&M L1 6-35 mo			Stroke Dev. L1		
14.00					NEW						0-331110					
14.00					Swim		Swim				Swim		Swim			
14.30 14.30					Swim M&M L2		Swim M&M L1				Swim M&M L2		Swim M&M L2			
15.00					3-4 yrs		6-35 mo				3-4 yrs		3-4 yrs			
15.00																
15.30			Swim M&M L2		Swim M&M L2					Swim M&M L2		Swim M&M L3	Stroke			
15.30			3-4 yrs		3-4 yrs					3-4 yrs		5-6 yrs	Stroke Dev. L1			
16.00			0 . ,		0 . ,.0					0 . j. 0		0 0 7.0				
16.00 16.30			Charles		Swim M&M L3			Swim		Swim M&M L3	Charles		Swim M&M L1			
16.30			Stroke Dev. L1		M&M L3			Swim M&M L3		M&M L3	Stroke Dev. L1		M&M L1 6-35 mo			
17.00					5-6 yrs			5-6 yrs		5-6 yrs			6-35 MO			
17.00																
17.30			Stroke Dev. L2		Stroke Dev. L3			Stroke		Stroke	Stroke Dev. L2		Stroke Dev. L2			
17.30 18.00			Dev. L2		Dev. L3			Dev. L4		Dev. L1	Dev. LZ		Dev. L2			
18.00																
18.30										Stroke Dev. L2						
18.30										Dev. L2						
19.00																
19.00 19.30																
19.30 19.30																
20.00																
20.00																
20.30																
20.30																
21.00 21.00													മരുപ്പം	NOW		
21.30	INDEX:	Swimming	Elite: up to 90 min class									الحلاتا		INTERNAR		
255																

NEW PROGRAM CLASSIFICATION & PROGRESSION





LOTTE MART BINTARO +6221 3971 4200

20th Oct 2025 until 18th Jan 2026

SCAN FOR E-SCHEDULE



Adult19+ Only

Winter Term Schedule

														1											1			
		Mon			Tuesday				Wednesday				Thursday				Friday					Satu			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																												
08.30																								l .				
09.00																							Adult19+	<u> </u>				
09.00 09.30																							MATCH					
09.30																							MATCH PLAY	1				
10.00																								l .				
10.00																1												
10.30																												
10.30																												
11.00							Adult19+								Adult19+													
11.00							& LADDER								& LADDER													
11.30							PLAY								PLAY													
11.30							التتنان								فتتت													
12.00 12.00														-								-	-	-				
12.30																												
12.30												4																
13.00									194				nd Tec	hnique	traini	ng, foll	owed											
13.00							SPO	PRTS CLA	ASSES	by L	adder l	Play.																
14.00							LADDER Fast-paced 60-minute match play where the																					
14.00							Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder.																					
15.00							PLAY winning/losing team moves up/down the ladder.																					
15.00							MATCH Longer match play where the winning/losing team																					
15.30 15.30																												
16.00							moves up/down the ladder. Bring your friend/colleague.																					
16.00							MA	тен		60 N	linute i	match	plav f	ocusin	a on To	echniq	ue.and	1						Adult19+				
16.30							IPL	AY		Tear	nwork	- ideal	prep 1	or the	next E	lite Ch	ampioi	nships						LADDER				
16.30																								PLAY				
17.00					NEW					A ba	llet-ins	pired	fitness	class	that b	lends s	trenat	h.					Adult19+				Adult19+	
17.00					- 1		I I	T Bai	r re +	flexi	bility, a	ınd ard	ice.	0.0.00				,					& I/ADDER				& I/ADDER	
17.30					Barre+					Jiestii		g. c											PLAY				PLAY	
17.30 18.00					Adult19+																						التحصال	
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20.30						МАТСН					اقتسانا								التحصي									
21.00						PLAY								MATCH PLAY														
21.30																												
21.30																												
22.00	INDEX	· A	Baske	thall I	Fut	sal (Tenni	c 💮	Pickle	hall I	Dina	Pong																
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NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT19+

















PING PONG CHAMPIONS CHALLENGERS DEVELOPMENTAL

Stills Leveling.

CHAMPIONS Advance Level

CHALLENGERS Intermediate Level

> **FUTURES** Beginner Level

DEVELOPMENTAL Introductory Level

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.

Barret

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.

CHAMPIONSHIPS >

Events&Competitions:





Termly Competition where teams of egual 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 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.

: Sharpen your skills, explore new tactics & enjoy friendly competitions. Challengers

: Dive into the game basics, build a strong foundation & be part of developmental team. **Futures**

: Introduction level will help you ease into the game, discovering your passion and potential. Developmental