

NEO SOHO \$\circ\$ +6221 5086 0730

Fall Term Schedule Jul 21st until Oct 19th 2025

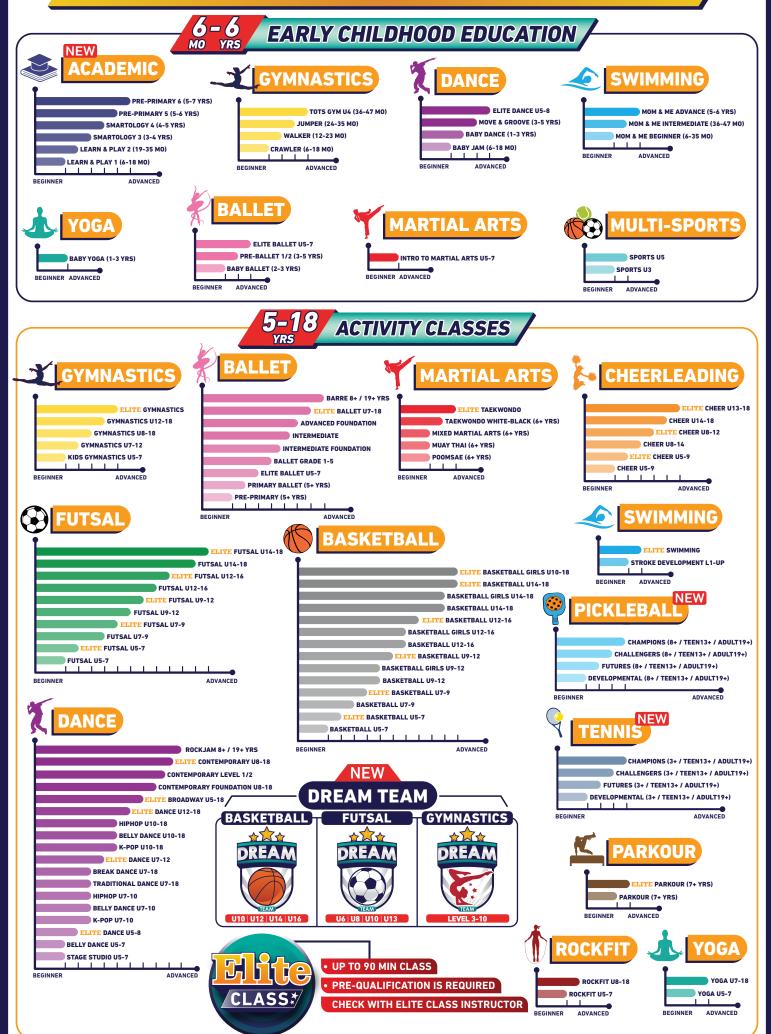
SCAN FOR E-SCHEDULE



Updated Aug 18th

					\																							
Time	Time Monday			Tuesday				Wednesday				Thursday				Friday			Saturday			Sunday						
	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports
08.00 - 08.30																								IME	ORT	ΈΛΝΤ	L NO.	TICE
08.30																											oney to	
09.00 09.00																									Star Ac	cademy	y emplo	
09.30			fare)			&PLAY	(a) (e)				ne n			&PLAY	≘ ne				a re)						perso	nal acc	count.	
09.30			Primary 5 & 6			1 6-18 mo	rimary 5&6				rimary 5&6			1 6-18 mo	rimary 5&6				Primary 5 & 6				Recital					
10.00 10.00	ا ما		5-7 yrs			LEARN	5-7 yrs			LEARN	5-7 yrs			UEARN	5-7 yrs		Jumper	D. I	5-7 yrs				1		M/- II			
10.30 10.30	USA		,		Jumper 24-35	&PLAY	. ,	Sports U3	Jumper 24-35	&PLAY	,		Crawler 6-18	&PLAY	. ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		24-35	Baby Dance	, ,,,,		Walker 12-23	Sports U3			Walker 12-23			
11.00	U4				mo	∠ 19-35 mo		03	mo	∠ 19-35 mo			mo	∠ 19-35 mo			mo	1-3 yrs			mo		U5-9		mo			
11.00			SMART	Sports	Jumper	Baby	SMART	Sports	I	Baby	SMART	Sports	Jumper	Baby	SMARI		Walker	Move&	SMART		Crawler	Baby		Sports	Crawler	Baby		
11.30 11.30			OLOGY 4	U4/5	24-35	Dance	4	U4/5	USA	Dance 1-3 yrs	OLOGY 4	U3	24-35	Dance 1-3 yrs	OLOGY 4		12-23 mo	Groove 3-5 yrs	OLOGY 4	Sports U3	6-18 mo	Dance 1-3 yrs		U4/5	6-18	Dance 1-3 yrs		Sports U4/5
12.00			4-5 yrs		mo	1-3 yrs	4-5 yrs		U4	·	4-5 yrs		mo	1 3 yi 3	4-5 yrs			3 3 yi 3	4-5 yrs			1 5 yi 5			mo	ĺ	D. D. H. 1/2	
12.00 12.30	USA		SMART OLOGY		Walker	&PLAY	SMART OLOGY	Martial	Walker	LEARN &PLAY	SMART OLOGY	RockFit	Walker	Martial	LEARN &PLAY	Sports		Baby Dance	SMART OLOGY	RockFit	Jumper 24-35	Move& Groove			USA		P-Ballet ^{1/2}	
12.30	U5-7		3 3-4 yrs		12-23 mo	2 19-35 mo	3	Arts 4-7 yrs	12-23 mo	2	3	U5-7	12-23 mo	Arts 4-7 yrs	2	U3		1-3 yrs	3	U5-7	24-35 mo	3-5 yrs			U4		7	
13.00 13.00			3-4 yrs				3-4 yrs			19-35 mo	3-4 yrs		1.		19-35 mo		la .		3-4 yrs		ر وا			_			3-5 yrs Primary	
13.30	Walker 12-23	Move& Groove	Primary		USA	Baby Dance	Primary			Baby Dance	Primary	Sports U4/5	USA	Baby Dance	Premary		USA		Primary		USA	K-Pop U7-18		1	Jumper 24-35	Move& Groove	1	
13.30 14.00	mo	3-5 yrs	5&6	Elite	U4	1-3 yrs	5&6			1-3 yrs	5&6	04/5	U4	1-3 yrs	5&6		U4		5&6		U4	07-10		U5-7	mo	3-5 yrs	7 5+ vrs	U5-7
14.00	le	Baby	5-7 yrs			Move&	5-7 yrs		I	Baby	5-7 yrs		I	Cnorts	5-7 yrs		I	Sports	5-7 yrs		USA		P-Ballet ^{1/2}	æ		Stage		
14.30 14.30	USA	Dance 1-3 yrs				Groove			USA	7		Θ	USA	Sports U4/5			USA	U4/5					*			Studio		
15.00 15.00	U4	,		U5-12		3-5 yrs			U4	2-3 yrs	D D II 11/2	U5-7	U5-7				U5-7		_		U5-7		3-5 yrs	U8-16		U5-7		U5-7
15.00	Jumper 24-35	Tkd.	Move&		USA	Sports	Recital	AS I	USA	Move& Groove	P-Ballet ^{1/2}	AS		Move& Groove		1	USA	Move& Groove	Recital	③	USA	Martial Arts	Primary	③	USA		Recital	
15.30	mo	6+ yrs	Groove 3-5 yrs	U5-7	U5-7	Ú4/5	7 U5-7	U5-7	U5-7	3-5 yrs	7	U5-7		3-5 yrs		U5-7	U8-18	3-5 yrs	T V	U5-7	U8-18	4-7 yrs	7	U5-7	U5-7		Main Character	U8-18
16.00 16.00			-				(N	03-7	ر ما	_	3-5 yrs Primary		ر وا		CL		00-10		Δ		ے ما	T1.1	5+ yrs		1		1	A
16.30 16.30		Martial Arts	-		USA	K-Pop U5-7	1 Guu		USA	Stage Studio	*	Martial Arts	AZU	Muay Thai	Stage Studio			H-Hop U7-18	U5-18		USA	Tkd.	Founda-	$ \odot $	USA	Martial Arts		
17.00		4-7 yrs	U5-9	U5-7	U5-7	03-7	4	U9-18	U8-18	U5-7	/\ 5+ yrs	4-7 yrs	U8-18	6+ yrs	U5-7	U9-18		07 10		U7-16	U5-7	6+ yrs	tion & L1 U8-18	U8-18	U8-18	4-7 yrs	by invitation	U8-18
17.00	le	Tkd.		#	!	Recital	/\ U7-18	Elite	Parkour		K	#0	Elite	Tkd.	Recital		Parkour	Stage	K-Pop	Elite	Elite	Tkd.		Elite		Muay	Recttal	1
17.30 17.30	USA	- I			AZUSA		U/-18 ▶ ∕	_	7+ yrs		7 Gr.1/2	110.10		[] - [6+ yrs	T.		7+ yrs	Studio U5-7	U7-18		USA	- 6+ yrs		A		Thai 6+ yrs	Main Character	Girls
18.00 18.00	U5-7	6+ yrs	U8-16	U9-16	U8-18	U5-8	7				(Skill dep.)		USA	0+ yı s	$ \mathcal{X} $			05-7		$ \Theta $	USA	0+ y13					. Criai acter	U8-18
18.30	USA	Elite	Recital	$ \mathfrak{S} $	Elite		Gr.1-3 (Skill dep.)	U5-12	Elite			Elite		Poomsae	U5-18			Recital		U5-12		Poomsae		U7-12		Recital	Til	Elite
18.30	U8-18	1		U7-16	USA				USA			#		6+ yrs								6+ yrs		Elite		Main Character	A	
19.00 19.00	30 10		1	3, 13					~			10 10						1						A				U7-18
19.30		6+ yrs	U5-9									U8-18						U8-18										07-18
19.30 20.00																								U8-18		1	by invitation	
20.00																										17		
20.30 20.30		PRI	ESCH00	L: LEAF	N&PL	AY1	LEARN 8	PLAY	2 SM	RTOLO	GY3	SMART	OLOGY 4	. к	INDERG	ARTEN :	Pre	arv 5	Prima	arv 6						hu invitati		
												by invitation																
	Gymnastics Gymnastics Cheerleading Kallet Contemporary Dance Basketball Sasketball Futsal Dance Taekwondo Elite: up to 90 min class																											

NEW PROGRAM CLASSIFICATION & PROGRESSION





Classes take place at the



SCAN FOR E-SCHEDULE



JAKARTA CENTRAL PARK

[Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Time	Swir	mming Pool	Pullman	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	
09.00 09.30										
09.30	-									
10.00										
10.00			ARRI	VAL & CLASS EI	NTRY:	Swim	Swim	Swim	Swim	
10.30			Arrivo	at Pullman Hotel Cent	ral Park - Enter	Mom & Me L1	Mom & Me L1	Mom & Me L1	Mom & Me L1 6-35 mo	
11.00		1.		h the main entrance &		6-35 mo	6-35 mo	6-35 mo	0-33 1110	
11.00			- J					Swim	Swim	
11.30		2.	Go to L	evel 1 at FIT&SPA.				Mom & Me L3	Mom & Me L3	
12.00			Pogin o	check-in at the Registr	ation Dock			5-6 yrs	5-6 yrs	
12.00 12.30		3.	handle	d by Hotel Staff.	ation Desk					
12.30	_									
13.00		4.	Walk the Take the directly	nrough the Area - Look le stairs to the L Floor	for the staircase.					
13.00				to the Swimming Poo	I IIIIS IEaus					
13.30	_									
14.00		5.	on Leve	ng rooms & Shower area.	e avaliable					
14.00				•	a maal antronaa					
14.30	_	6.	where	our ID Card & tap at the our Instructor & Class	Assistant will					
15.00			welcon							
15.00		7.	Enjoy tl	he Class!		Swim	Swim	Swim	Swim	
15.30 15.30		7.	Liljoy ti			Mom & Me L2	Mom & Me L3	Mom & Me L2	Mom & Me L2	
16.00				Class Rules:		3-4 yrs	5-6 yrs	3-4 yrs	3-4 yrs	
16.00			01			Swim	Stroke	Stroke	Stroke	
16.30		1.	Only pr	e-registered students I to join the class.	are	Mom & Me L3	Development L1	Development L1	Development L1 7+ yrs	
17.00			anowed	a to join the class.		5-6 yrs	7+ yrs	7+ yrs	/ + yi s	
17.00		2.	No wall	k-ins will be accepted.	416					
17.30 17.30				·						
18.00				0						
18.00										
18.30 18.30										
19.00										

PROGRAM CLASSIFICATION & PROGRESSION

6 mo - 6 yrs

SWIMMING

MOM & ME ADVANCE (5-6 YRS)

MOM & ME INTERMEDIATE (36-47 MO)

MOM & ME BEGINNER (6-35 MO)

SWIMMING

STROKE DEVELOPMENT L1-UP

BEGINNER ADVANCED

- Please wear proper swimming attire. No nudity allowed.
- 2 Swimmers are requested to shower before using the swimming pool.
- 3 No cloth or disposable diapers will be allowed in the water.
- No one with open sores or wearing bandages/band aids should enter the pool.
- No one shall use the swimming pool while knowingly suffering from any contagious or skin disease.
- 6 No gum. No spitting. No food or drinks are to be taken into the water.
- Only food and beverage served by the hotel may be consumed within the designated pool areas.
- **8** Please put litter in proper receptacles.

SAFETY RULES:

- Children under 12 years old must be accompanied by an adult, who shall be responsible for their safety.
- 2 No pets allowed.
- Nobody is allowed to swim when there is heavy-rain, thunderstorms or lightning.

 The swimming pool will be closed during these inclement conditions.
- Guests using the swimming pool do so at their own risk. The hotel is not responsible for any injury or accident sustained by guests.
- **5** Guests are reminded not to leave their valuables unattended.
- 6 No diving allowed and no dunking or throwing people in the pool.

Please use the swimming pool at your own risk. No lifeguard on duty.