



NEO SOHO
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Spring Term Schedule
 Jan 23rd until Apr 23rd 2023
 Updated Feb 20th

SCAN FOR
 E-SCHEDULE



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																													
08.30																													
09.00			SMART OLOGY 3			LEARN & PLAY 1	SMART OLOGY 3				SMART OLOGY 3			LEARN & PLAY 1				SMART OLOGY 3											
09.30			3-4 yrs			6-18 mo	3-4 yrs				3-4 yrs			6-18 mo				3-4 yrs											
10.00					Jumper 24-35 mo	LEARN & PLAY 2	Baby Jam 6-18 mo	Sports U4/5	Jumper 24-35 mo	LEARN & PLAY 2	Sports U4/5	Crawler 6-18 mo	LEARN & PLAY 2		Jumper 24-35 mo	Move & Groove 3-5 yrs		Walker 12-23 mo	Sports U3			Walker 12-23 mo							
10.30	U4																												
11.00			SMART OLOGY 4			Baby Dance 1-3 yrs	SMART OLOGY 4	Sports U3			Baby Dance 1-3 yrs	SMART OLOGY 4	Sports U3	Jumper 24-35 mo	Baby Dance 1-3 yrs	SMART OLOGY 4		Walker 12-23 mo	Sports U3			Baby Dance 1-3 yrs	Elite	Sports U4/5	Crawler 6-18 mo	Baby Dance 1-3 yrs	Sports U4/5		
11.30			4-5 yrs																										
12.00	U5-7				Walker 12-23 mo	LEARN & PLAY 2	Baby Dance 1-3 yrs	Martial Arts 4-7 yrs	Walker 12-23 mo	LEARN & PLAY 2	Baby Dance 1-3 yrs	RockFit U5-7	Walker 12-23 mo	LEARN & PLAY 2		Sports U3		Baby Dance 1-3 yrs	RockFit U5-7	Jumper 24-35 mo	Move & Groove 3-5 yrs	U5-7	Sports U4/5	Crawler 6-18 mo	Baby Dance 1-3 yrs	Sports U4/5			
12.30																													
13.00	Walker 12-23 mo				U4		Elite		Move & Groove 3-5 yrs	Baby 2-3 yrs		U4	Baby Dance 1-3 yrs				U4	Baby Dance 1-3 yrs		U4	K-Pop U7-18	U8-18	U5-7	Basketball	Jumper 24-35 mo		U5-7	Basketball	
13.30																													
14.00	U4	Baby Dance 1-3 yrs				Move & Groove 3-5 yrs		U4				U5-7	Sports U4/5		U5-7	Sports U4/5		U5-7	Sports U4/5	U5-7	H-Hop U7-18	P-Ballet 1/2 3-5 yrs	U8-16		Stage Studio U5-7	Gr.1 (Skill dep.)	U5-7		
14.30																													
15.00	Jumper 24-35 mo	Move & Groove 3-5 yrs		U5-7	U5-7	Sports U4/5		U5-7	U5-7	Sports U4/5	P-Ballet 1/2 3-5 yrs	U5-7		Move & Groove 3-5 yrs	U5-7	U8-18		Move & Groove 3-5 yrs	U5-7	U5-7	Martial Arts 4-7 yrs	PP/P 5+ yrs	U5-7	U5-7	U5-7	Trad. Dance U7-18	U9-18		
15.30																													
16.00																													
16.30																													
16.30																													
17.00	U5-7		Tkd. 6+ yrs		U8-18	Elite		Elite	Parkour 7+ yrs	Elite		Elite	Tkd. 6+ yrs	Elite	Elite		Parkour 7+ yrs	Stage Studio U5-7	Elite		Tkd. 6+ yrs	Elite	Elite		Martial Arts 4-7 yrs	U8-18	Martial Arts 4-7 yrs	U9-18	
17.30																													
18.00	U8-18		Tkd. 6+ yrs		Elite			Elite		Elite			Tkd. 6+ yrs																
18.30																													
18.30																													
19.00																													
19.00																													
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19.30																													
20.00																													
20.00																													
20.30																													
20.30																													
21.00																													

REGISTRATION OPENS
1 MAY 2023
 RockOlympics 2023

INDEX: Gymnastics | Cheerleading | Ballet | Contemporary Dance | Basketball | Futsal | **Elite** : up to 90 min class

Early Childhood Education Classes : **LEARN & PLAY 1** | **LEARN & PLAY 2** | **SMART OLOGY 3** | **SMART OLOGY 4** | **Primary 5** | **Primary 6**

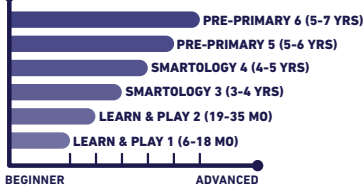
FOR EARLY CHILDHOOD EDUCATION CLASSES ARE AN ADDITIONAL FEE. PLEASE CONTACT STUDENT ADVISOR!

NEW PROGRAM CLASSIFICATION & PROGRESSION

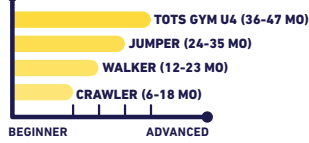
6-6
MO YRS

EARLY CHILDHOOD EDUCATION

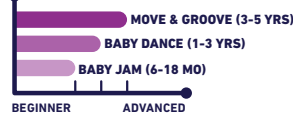
NEW ACADEMIC



GYMNASTICS



DANCE



SWIMMING



BALLET



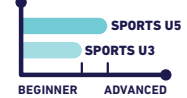
YOGA



MARTIAL ARTS



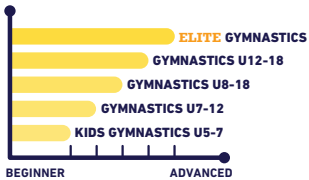
MULTI-SPORTS



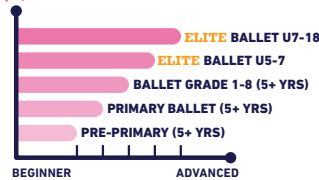
5+
YRS

ACTIVITY CLASSES

GYMNASTICS



BALLET



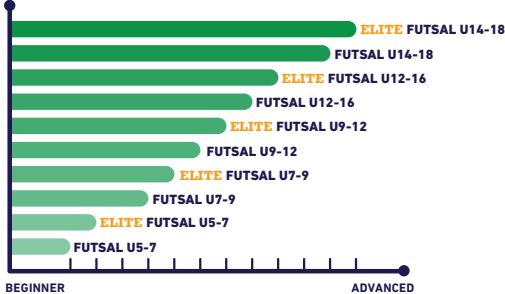
MARTIAL ARTS



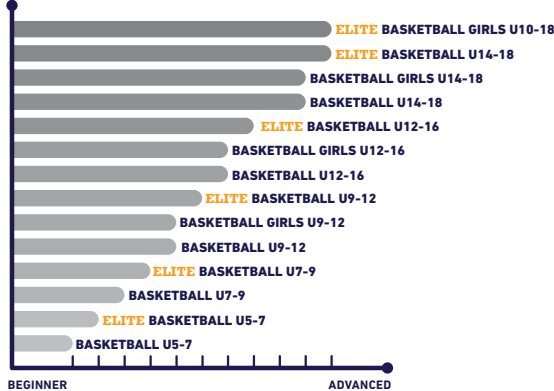
CHEERLEADING



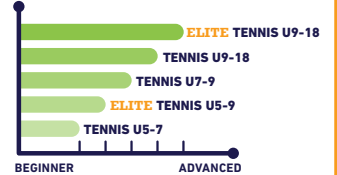
FUTSAL



BASKETBALL



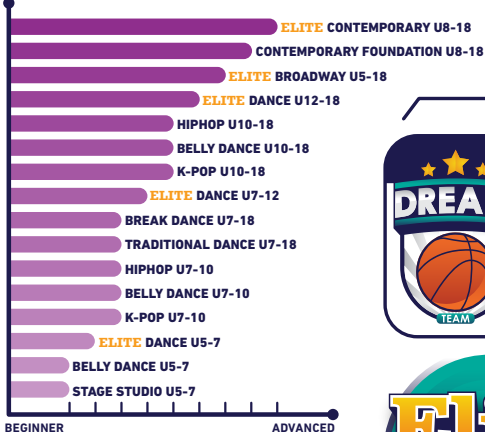
TENNIS



SWIMMING



DANCE



NEW

DREAM TEAM

BASKETBALL

DREAM TEAM

- BASKETBALL U10
- BASKETBALL U12
- BASKETBALL U14
- BASKETBALL U16

FUTSAL

DREAM TEAM

- FUTSAL U8
- FUTSAL U10
- FUTSAL U13

Elite CLASS

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

ROCKFIT



PARKOUR



YOGA

