



NEO SOHO
+6221 5086 0730

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

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																					Elite CHAMPIONSHIPS				PERFORMING ARTS BASKETBALL FUTSAL Preschool & KINDERGARTEN GIMNASTICS PICKLEBALL			
08.30																												
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20.30																												
20.30																												
21.00																												

INDEX:

Gymnastics

Cheerleading

Ballet

Contemporary Dance

Broadway

Basketball

Futsal

Dance

Taekwondo

Elite : up to 90 min class

FOR PRESCHOOL & KINDERGARTEN CLASSES ARE AN ADDITIONAL FEE. PLEASE CONTACT STUDENT ADVISOR!

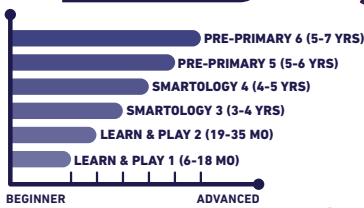
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

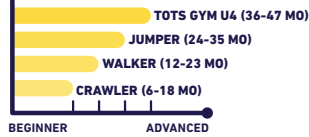
EARLY CHILDHOOD EDUCATION



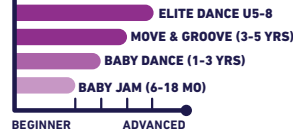
NEW ACADEMIC



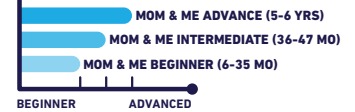
GYMNASTICS



DANCE



SWIMMING



YOGA



BALLET



MARTIAL ARTS



MULTI-SPORTS

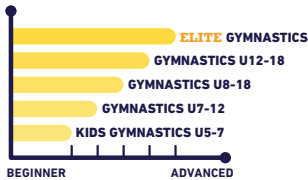


5-18
YRS

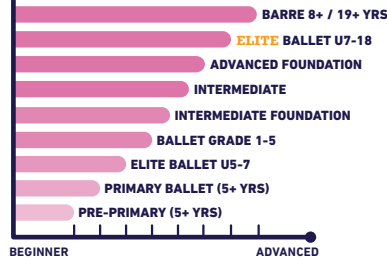
ACTIVITY CLASSES



GYMNASTICS



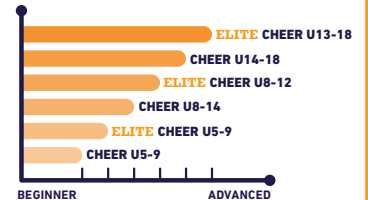
BALLET



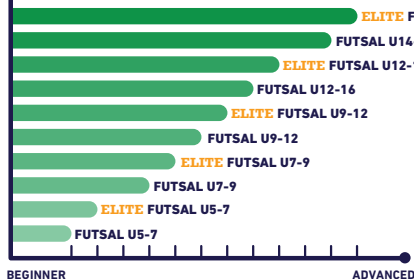
MARTIAL ARTS



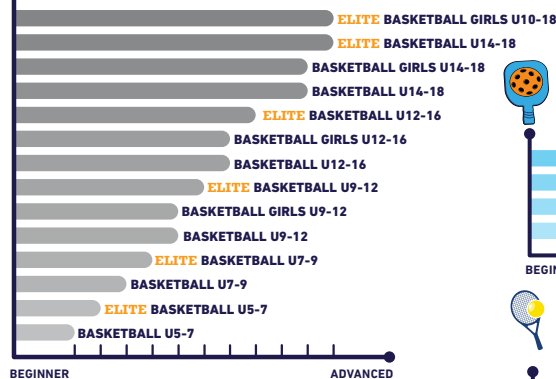
CHEERLEADING



FUTSAL



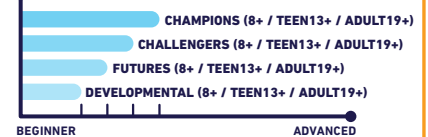
BASKETBALL



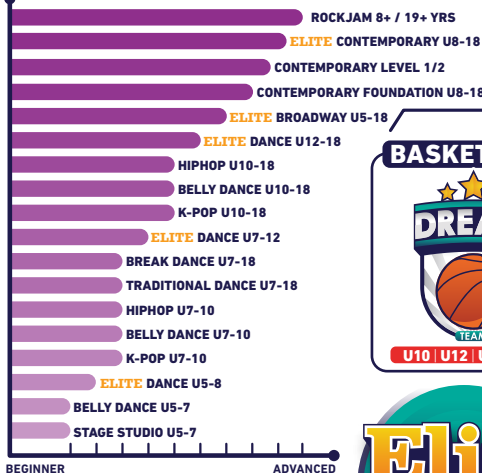
SWIMMING



PICKLEBALL



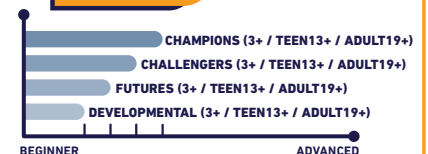
DANCE



NEW DREAM TEAM



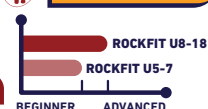
TENNIS



PARKOUR



ROCKFIT



YOGA



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



NEO SOHO
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Classes take place at the



**SCAN FOR
E-SCHEDULE**



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Swimming 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							
10.30				Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo
10.30							
11.00							
11.00							
11.30							
11.30						Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs
12.00							
12.00							
12.30							
12.30							
13.00							
13.00							
13.30							
13.30							
14.00							
14.00							
14.30							
14.30							
15.00							
15.00							
15.30				Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs
15.30							
16.00				Swim Mom & Me L3 5-6 yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs
16.00							
16.30							
16.30							
17.00							
17.00							
17.30							
17.30							
18.00							
18.00							
18.30							
18.30							
19.00							

ARRIVAL & CLASS ENTRY:

1. Arrive at Pullman Hotel Central Park - Enter through the main entrance & take the elevator.
2. Go to Level 1 at FIT&SPA.
3. Begin check-in at the Registration Desk handled by Hotel Staff.
4. Walk through the Area - Look for the staircase. Take the stairs to the L Floor - This leads directly to the Swimming Pool.
5. Changing rooms & Shower are available on Level 1 & at the pool area.
6. Bring your ID Card & tap at the pool entrance, where our Instructor & Class Assistant will welcome you.
7. Enjoy the Class!

Class Rules:

1. Only pre-registered students are allowed to join the class.
2. No walk-ins will be accepted.

CLASS REGISTRATION REQUIRED! PLEASE CONTACT ACADEMY MANAGER!

PROGRAM CLASSIFICATION & PROGRESSION

6 mo - 6 yrs



SWIMMING



5 - 18 yrs



SWIMMING



SWIMMING POOL RULES HEALTH RULES:

1. 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.
4. No one with open sores or wearing bandages/band aids should enter the pool.
5. 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.
7. 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:

1. Children under 12 years old must be accompanied by an adult, who shall be responsible for their safety.
2. No pets allowed.
3. Nobody is allowed to swim when there is heavy-rain, thunderstorms or lightning. The swimming pool will be closed during these inclement conditions.
4. 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.