

NEO SOHO +6221 5086 0730

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

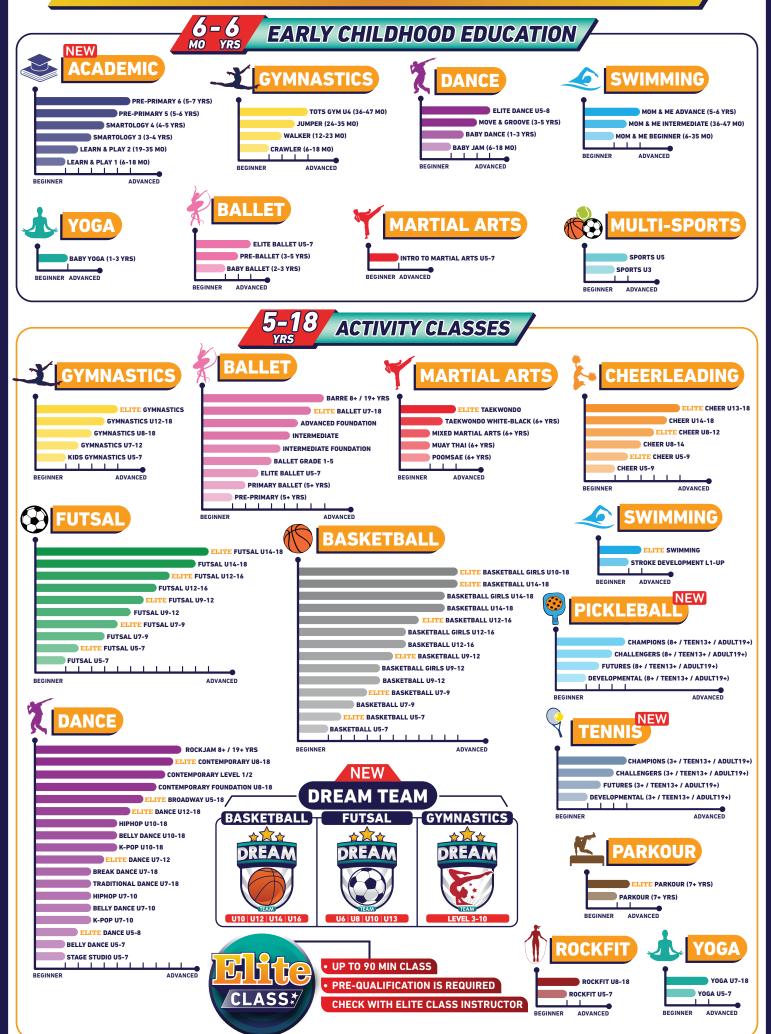
Updated Nov 18th

SCAN FOR E-SCHEDULE



| Time | Monday | | | Tuesday | | | | Wednesday | | | | Thursday | | | | Friday | | | | Saturday | | | Sunday | | | | | |
|--|-------------|-------------------------------|-------------------|--------------------|-----------------|------------------|------------------------|-----------------|-------------------|-------------------|--|-----------------|-----------------|-------------------|-----------------|--------------|-------------------|-------------------|------------------|-----------------|-----------------|-------------------|--------------------|----------------|-----------------|-----------------|----------|----------|
| Time | 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 | | | | | | | | | | | | | | | | | | | | | 5 | - - - - | $^{\circ}$ | | DEDI | | 1ING# | ADTC |
| 08.30 | | | | | | | | | | | | | | | | | | | | | ם ל | 归山 | | | | | | |
| 09.00 09.00 | | | | | | LEARN | | | | NEW | | | | LEARN | | | | NEW | | | /CH | AMPIO | NSHIP | \$.≯/ | | | NDERG | |
| 09.30 09.30 | | | Primary | | | &PLAY | Primary | | | &PLAY | Primary | | | &PLAY | Primary | | | &PLAY | Primary | | | | 77111 | | | | PICKLI | |
| 10.00 | | | 5&6 | | | 6-18 mo | 5&6 | | | 6-18 mo | 5&6 | | | 6-18 mo | 5&6 | | | 6-18 mo | 5&6 | | | | Elite | | GUVIIAA | 131/63 | PICKLI | BALL |
| 10.00 10.30 | • | | 5-7 yrs | | Jumper | LEARN &PLAY | 5-7 yrs | Sports | Jumper | LEARN &PLAY | 5-7 yrs | | Crawler | LEAN &PLAY | 5-7 yrs | | Jumper | | 5-7 yrs | | Walker | Sports | | | Walker | | | |
| 10.30 | USA | | | | 24-35 mo | 2 | | U3 | 24-35 mo | 2 | | | 6-18 mo | 2 | | | 24-35 mo | | | | 12-23 mo | U3 | | | 12-23 mo | | | |
| 11.00 11.00 | U4 | | (A) (A) (A) | | | 19-35 mo | CVADE | | | 19-35 mo | SMART | | | 19-35 mo | GVADE | | | | CVART. | | | | U5-9 | | | | | |
| 11.30 | | | SMART OLOGY | Sports U4/5 | Jumper 24-35 | Baby Dance | SMART OLOGY | Sports U4/5 | USA | Baby Dance | OLOGY | Sports U3 | Jumper 24-35 | Baby Dance | SMART OLOGY | | Walker 12-23 | Move& Groove | SMART OLOGY | Sports | Crawler 6-18 | Baby Dance | | Sports U4/5 | Crawler 6-18 | Baby Dance | | Sports |
| 11.30 12.00 | | | 4 4-5 yrs | 04/3 | mo | 1-3 yrs | 4 4-5 yrs | 04/5 | U4 | 1-3 vrs | 4 4-5 yrs | 03 | mo | 1-3 yrs | 4-5 yrs | | mo | 3-5 yrs | 4 4-5 yrs | U3 | mo | 1-3 yrs | | 04/3 | mo | 1-3 yrs | | Ú4/5 |
| 12.00 | le | | SMART | | Walker | LEARN | SMART | Martial | Walker | LEARN | SMART | | Walker | Martial | LEARN | | | Baby | SMART | | Jumper | Move& | | | USA | | P-Ballet | |
| 12.30 12.30 | USA | | OLOGY 3 | | 12-23 | &PLAY | OLOGY 3 | Arts 4-7 yrs | 12-23 | &PLAY | OLOGY 3 | RockFit U5-7 | 12-23 | Arts 4-7 yrs | &PLAY | Sports U3 | | Dance 1-3 yrs | OLOGY 3 | RockFit U5-7 | 24-35 mo | Groove 3-5 yrs | | | | | * | |
| 13.00 13.00 | U5-7 | | 3-4 yrs | | mo | 19-35 mo | 3-4 yrs | 4-7 yıs | mo | 19-35 mo | 3-4 yrs | | mo | 4-7 yrs | 19-35 mo | | | Í | 3-4 yrs | | 1110 | , | | | U4 | | 3-5 yrs | |
| 13.30 | | Move& | ⊟ re | | USA | Baby | (Enre) | | | Baby Dance | e e | Sports | USA | Baby | ⊟ re | | USA | | ne e | | USA | K-Pop | | AFC) | Jumper 24-35 | Move& Groove | | |
| 13.30 | | Groove 3-5 yrs | rimary 5 & 6 | Elite | U4 | Dance 1-3 yrs | Frimary 5&6 | | | 1-3 yrs | Primary 5 & 6 | Ú4/5 | U4 | Dance 1-3 yrs | rimary 5 & 6 | | U4 | | Primary 5 & 6 | | U4 | U7-18 | | U5-7 | mo | 3-5 yrs | | U5-7 |
| 14.00 | ر وا | D. I | 5-7 yrs | | 04 | | 5-7 yrs | | ر وا | Baby | 5-7 yrs | _ | | • | 5-7 yrs | | | | 5-7 yrs | | ر ما | | | | | | | |
| 14.30 14.30 | USA | Baby Dance | , | $ \mathfrak{S} $ | | Move& Groove | , , | | USA | * | | ③ | USA | Sports U4/5 | , | | USA | Sports U4/5 | , | | USA | | | | | | | |
| 15.00 | U4 | 1-3 yrs | | U5-12 | | 3-5 yrs | | | U4 | 2-3 yrs | | U5-7 | U5-7 | | | | U5-7 | | | | U5-7 | | | U8-16 | | | | U5-7 |
| 15.00 15.30 | Jumper | Tkd. | Move& | ③ | !- | C | Elite | #6 | USA | Move& | P-Ballet | Æ | | Move& | | AC | USA | Move& | Elite | 3 | USA | Martial | Primary | ③ | USA | | | ③ |
| 15.30 | 24-35 mo | [] - <mark>[</mark> 6+ yrs | Groove 3-5 yrs | U5-7 | USA | Sports U4/5 | V U5-7 | | U5-7 | Groove 3-5 yrs | 7 | U5-7 | | Groove 3-5 yrs | | U5-7 | | Groove 3-5 yrs | T. | U5-7 | | Arts 4-7 yrs | 7 | U5-7 | | | | U8-18 |
| 16.00 16.00 | | , , | | 05-7 | U5-7 | | /\ | U5-7 | | | 3-5 yrs Primary | 05-7 | 1. | | | | U8-18 | | 1 | | U8-18 | | 5+ yrs | | U5-7 | | | |
| 16.30 | | Martial Arts | 1 | 1 | USA | K-Pop | Elite | | USA | Stage Studio | k | Martial Arts | USA | Muay Thai | Stage Studio | 1 | | H-Hop | U5-18 | ③ | USA | Tkd. ∏ - ∏ | Founda- | 3 | USA | Martial Arts | | |
| 16.30 17.00 | | 4-7 yrs | U5-9 | U5-7 | U5-7 | U5-7 | 6 | U9-18 | U8-18 | U5-7 | 7 5+ yrs | 4-7 yrs | U8-18 | 6+ yrs | U5-7 | U9-18 | | U7-18 | | U7-16 | U5-7 | 6+ yrs | tion & L1 U8-18 | U8-18 | U8-18 | 4-7 yrs | | U8-18 |
| 17.00 | I | Tkd. | • | A | USA | Elite | 7 | Elite | | NEW | <u>k</u> | A | Elite | Tkd. | Elite | | D. J. | Stage | | Elite | Elite | Tkd. | 00 10 | Elite | | Muay | | |
| 17.30 17.30 | USA | - | | | USA | 1 | U7-18 | | Parkour 7+ yrs | H-Hop U7-18 | Gr.1/2 | | | ■ | T. | | Parkour 7+ yrs | Studio | K-Pop U7-18 | | USA | - 1 | | S | | Thai | | Girls |
| 18.00 | U5-7 | 6+ yrs | U8-16 | U9-16 | U8-18 | U5-8 | 7 | $ \Theta $ | | | (Skill dep.) | | USA | 6+ yrs | 1 | | | U5-7 | | ③ | USA | 6+ yrs | | 1 | | 6+ yrs | | U8-18 |
| 18.00 18.30 | USA | Elite | Elite | 3 | Elite | | Gr.1-3 (Skill dep.) | U5-12 | Elite | | | Elite | | Poomsae | U5-18 | | | Elite | | U5-12 | | Poomsae | | U7-12 | | | | Elite |
| 18.30 | U8-18 | 8 | 1 | U7-16 | USA | | | | USA | | | 1 | | 6+ yrs | | | | | | | | 6+ yrs | | Elite | | | | |
| 19.00 19.00 | 30 10 | | 20 | 37 13 | | | | | - | | | • | | | | | | 1 | | | | | | S | | | | U7-18 |
| 19.30 19.30 | | 6+ yrs | U5-9 | | | | | | | | | U8-18 | | | | | | U8-18 | | | | | | | | | | 07-18 |
| 20.00 | | | | | | | | | | | | | | | | | | | | | | | | U8-18 | | | | |
| 20.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PRESCHOOL: LEARN & PLAY 1 LEARN & PLAY 2 SMART OLOGY 3 SMART OLOGY 4 KINDERGARTEN: Primary 5 Primary 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21.00 INDEX: Gymnastics | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

NEW PROGRAM CLASSIFICATION & PROGRESSION





Classes take place at the



JAKARTA CENTRAL PARK

SCAN FOR E-SCHEDULE



| | Monday | | | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|----------------|-----------------------|-----------|----------------|--|---|------------------------|------------------------|--------------------------|--------------------------|--|
| Time | Swimming Pool Pullman | | | Swimming Pool Pullman | imming Pool Pullman Swimming Pool Pullman | | Swimming Pool Pullman | Swimming Pool Pullman | Swimming Pool Pullman | |
| 09.00 | | | | 3 | | Swimming Pool Pullman | g con annum | g con annual | 3 | |
| 09.30 | | | | | | | | | | |
| 09.30 | 1 | | | | | | | | | |
| 10.00 | | | ADDI | VAL& CLASS EI | THE VO | | | | | |
| 10.30 | | | ARRI | VAL & CLASS E | | Swim | Swim | Swim | Swim | |
| 10.30 | | | Arrive a | at Pullman Hotel Centi | ral Park - Enter | Mom & Me L1 6-35 mo | Mom & Me L1 6-35 mo | Mom & Me L1 6-35 mo | Mom & Me L1 6-35 mo | |
| 11.00 | | 1. | | the main entrance & | | 6-35 MO | 6-35 MO | 6-33 1110 | 0 00 mg | |
| 11.00 | | | un oug. | | | | | Swim | 6 . | |
| 11.30 | | 2. | Go to Lo | evel 1 at FIT&SPA. | | | | Mom & Me L3 | Swim Mom & Me L3 | |
| 11.30 12.00 | | | | | | | | 5-6 yrs | 5-6 yrs | |
| 12.00 | | 2 | Begin c | heck-in at the Registra | ation Desk – | | | | | |
| 12.30 | | 3. | handle | d by Hotel Staff. | | | | | | |
| 12.30 | | | Walk th | rough the Area - Look | for the staircase | | | | | |
| 13.00 | | 4. | | rough the Area - Look e stairs to the L Floor - | This leads | | | | | |
| 13.00 | | | | to the Swimming Poo | I. | | | | | |
| 13.30 | | | | | | | | | | |
| 13.30 14.00 | | 5. | Changi | ng rooms & Shower ar | e available | | | | | |
| 14.00 | | 0. | on Leve | el 1 & at the pool area. | | | | | | |
| 14.30 | | 6 | Bring y | our ID Card & tap at the | e pool entrance, | | | | | |
| 14.30 | | 6. | | our Instructor & Class | Assistant will | | | | | |
| 15.00 | | | welcom | ne you. | | | | | | |
| 15.00 15.30 | | 7. | Enjoy th | ne Class! | | Swim | Swim | Swim | Swim | |
| 15.30 | | /. | Liljoy ti | Olass: | | 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 | | | | Cides Italies. | | | | | a | |
| 16.30 | | 1 | Only pr | e-registered students | are | Swim Mom & Me L3 | Stroke Development L1 | Stroke Development L1 | Stroke Development L1 | |
| 16.30 | | I. | allowed | I to join the class. | | 5-6 yrs | 7+ yrs | 7+ yrs | 7+ yrs | |
| 17.00 | | | | | | | | | | |
| 17.00 17.30 | | 2. | No wall | c-ins will be accepted. | 466 | | | | | |
| 17.30 | | | | | | | | | | |
| 18.00 | | | | | | | | | | |
| 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.