

CENTRAL PARK 2 (NEO SOHO)

4 +6221 5086 0730

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

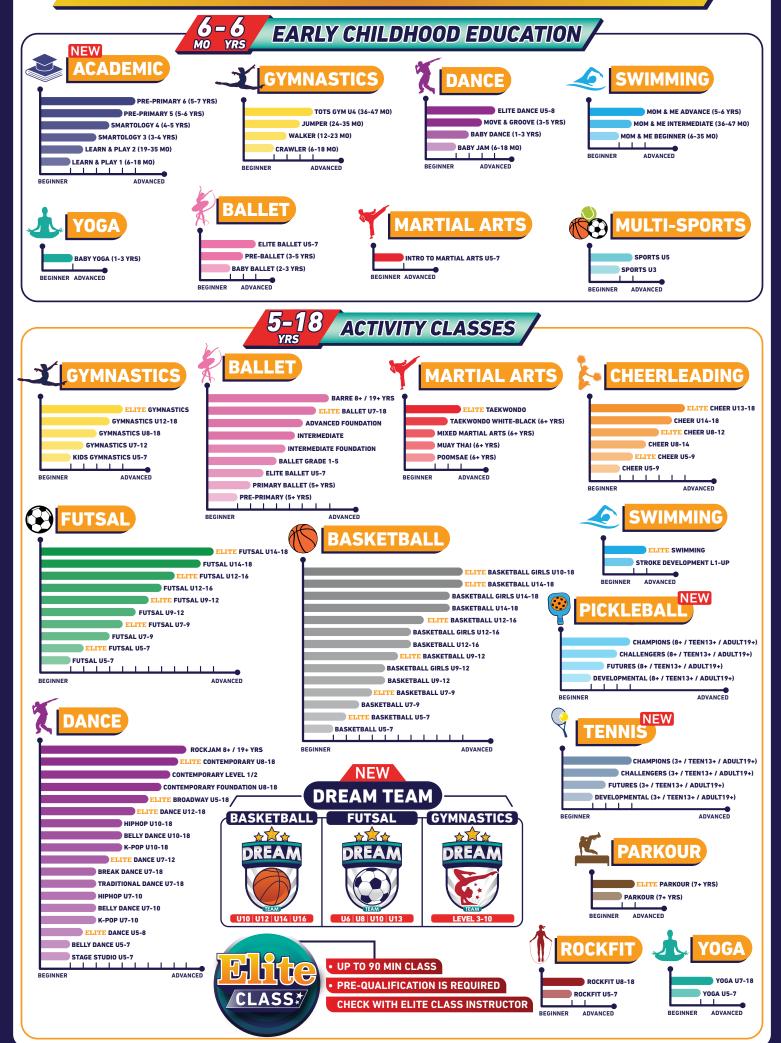
Updated Dec 15th

SCAN FOR E-SCHEDULE



Time	Monday e			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday									
08.00	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
08.30																					5 6	3 57.2	2 7		DEDI	adı.	1ING/	ADTC:
08.30																					ַ ל	りり	\\ ; (
09.00 09.00						LEATN				NEW				LEARN				NEW			/CH	AMPIO	NSHIP:	<u>s</u> */				
09.30			Primary			&PLAY	Primary			&PLAY	⊚ re			&PLAY	<mark>re</mark> re			&PLAY	□ (e)								NDERG	
09.30 10.00			5&6			6-18 mo				1 6-18 mo	rimary 5&6			6-18 mo	rimary 5&6			1 6-18 mo	Frimary 5 & 6				Elite		GIMNA	STACS	PICKLI	EBALL#
10.00	ر وا		5-7 yrs		1	UEARN	5-7 yrs		Jumper	LEARN	5-7 yrs		Crawler	LEARN	5-7 yrs		Jumper	0 10 1110	5-7 yrs		Walker		\$		Walker			
10.30 10.30	USA				Jumper 24-35	&PLAY	·	Sports U3	24-35	&PLAY			6-18	&PLAY	·		24-35				12-23	Sports U3			12-23			
11.00	U4				mo	19-35 mo			mo	19-35 mo			mo	19-35 mo			mo				mo		U5-9		mo			
11.00 11.30			SMART OLOGY	Sports	Jumper	Baby	SMART OLOGY	Sports	L	Baby	SMART OLOGY	Sports	Jumper	Baby	SMART OLOGY		Walker	Move&	SMART OLOGY	C	Crawler	Baby		Sports	Crawler	Baby		
11.30			4	Ú4/5	24-35 mo	Dance	4	U4/5	USA	Dance	4	U3	24-35	Dance 1-3 yrs	4		12-23 mo	Groove 3-5 yrs	4	Sports U3	6-18 mo	Dance 1-3 yrs		U4/5	6-18 mo	Dance 1-3 yrs		Sports U4/5
12.00 12.00			4-5 yrs		1110	1-3 yrs	4-5 yrs		U4		4-5 yrs		mo	1 0 313	4-5 yrs			0 0 713	4-5 yrs			1 0 313			1110	,	P-Ballet	
12.00	USA		SMART OLOGY		Walker	&PLAY	SMART	Martial Arts	Walker	&PLAY	SMART OLOGY	RockFit	Walker	Martial	&PLAY	Sports		Baby Dance	SMART OLOGY	RockFit	Jumper 24-35	Move& Groove			USA) -	
12.30	U5-7		3		12-23 mo	2	3	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	mo	3-5 yrs			U4		*	
13.00 13.00			3-4 yrs		-	19-35 mo	3-4 yrs			19-35 mo	3-4 yrs				19-35 mo		1.		3-4 yrs		ر ما			_			3-5 yrs	_
13.30	Walker 12-23	Move& Groove	Primary		AZUSA	Baby Dance	p re			Baby Dance	Primary	Sports	USA	Baby	D re		USA		Primary		USA	K-Pop		1	Jumper 24-35	Move& Groove		
13.30 14.00		3-5 yrs	5 & 6	Elite	U4	1-3 yrs	Frimary 5 & 6			1-3 yrs	5 & 6	Ú4/5	U4	Dance 1-3 yrs	rimary 5 & 6		U4		5 & 6		U4	U7-18		U5-7	mo	3-5 yrs		U5-7
14.00	I	Baby	5-7 yrs	③			5-7 yrs		le /	Baby	5-7 yrs		ر وا	_	5-7 yrs		ر وا	6	5-7 yrs		I			_				
14.30 14.30	USA	Dance		$ \mathbf{o} $		Move& Groove			USA	*		③	USA	Sports U4/5			USA	Sports U4/5			USA							③
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	USA	Cnarta	Elite	A6	USA	Move&	P-Ballet			Move&		M	USA	Move&	Elite	③	USA	Martial		③	USA			③
15.30	24-35 mo	[] - [] 6+ yrs	Groove 3-5 yrs			Sports U4/5	V U5-7		U5-7	Groove 3-5 yrs	7	_		Groove 3-5 yrs		U5-7		Groove 3-5 yrs	T.	U5-7		Arts 4-7 yrs						U8-18
16.00 16.00	1110	0. 1.0	,	U5-7	U5-7		71	U5-7			3-5 yrs	U5-7		,		03-7	U8-18		1		U8-18			U5-7	U5-7			
16.30		Martial Arts	E.	AS 1	USA	K-Pop	Elite	AS	USA	Stage	Primary	Martial	USA	Muay Thai	Stage			Н-Нор	U5-18		USA	Tkd.		③	USA	Martial		
16.30		4-7 yrs	U5-9	U5-7	U5-7	U5-7		U9-18	U8-18	Studio U5-7	<u></u>	Arts 4-7 yrs	U8-18	6+ yrs	Studio U5-7	U9-18		U7-18		U7-16	U5-7	լլ - <mark>լ</mark> 6+ yrs		U8-18	U8-18	Arts 4-7 yrs		U8-18
17.00 17.00	la s	T	00-7	00 ,		Elite	7	Elite	50 10	NEW	5+ yrs	(Elite	TLI	Elite	J7-10				Elite	Elite	That		Elite	08-18			
17.30	USA	Tkd. ☐ -	-	1	USA	1	U7-18	BILLE	Parkour	H-Hop	7		ia .	Tkd. [] - [TA)		Parkour 7+ yrs	Stage Studio	K-Pop U7-18			Tkd. - ■				Muay Thai		
17.30 18.00	U5-7	6+ yrs	U8-16	U9-16	U8-18	U5-8	-	\odot	7+ yrs	U7-18	Gr.1/2 (Skill dep.)	U8-18	USA	6+ yrs	T		, , ,,,	U5-7	07-10		USA	6+ yrs				6+ yrs		Girls U8-18
18.00	le /	Elite	Elite		Elite		Gr.1-3	U5-12	Elite		(Skill dep.)	Elite			/)			Elite		U5-12				U7-12				Elite
18.30 18.30	USA		*	$ \odot $	سا		(Skill dep.)	03 12	10 /					Poomsae 6+ yrs	U5-18							Poomsae 6+ yrs						
19.00	U8-18	0	1	U7-16	USA				USA			1		0. 113				1						Elite				
19.00 19.30		6+ yrs	U5-9									U8-18						U8-18						1				U7-18
19.30		J. 313	J. ,															00310						_				
20.00																								U8-18				
20.30																												
20.30	INDEX	PRI	ESCH00	L: LEAF	₩&PL	AY1	LEARN 8	PLAY2	SM	RT0L0	GY3	SMART	OLOGY 4	4 K	INDERG	ARTEN :	Prim	ary 5	Prima	ary 6								
21.00 KDEX: Symnastics Cheerleading K Ballet Contemporary Dance K Broadway Basketball Futsal Dance Taekwondo Elite: up to 90 min class																												

NEW PROGRAM CLASSIFICATION & PROGRESSION





CENTRAL PARK 2 (NEO SOHO)

4 +6221 5086 0730

Classes take place at the



JAKARTA CENTRAL PARK

SCAN FOR E-SCHEDULE



<u>.</u> . [Monday			Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Time	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				l						
10.00										
10.00			ARRI	VAL& CLASS EI	ITPV-					
10.30			CHIM			Swim Mom & Me L1	Swim Mom & Me L1	Swim Mom & Me L1	Swim Mom & Me L1	
10.30		4	Arrive a	at Pullman Hotel Centi	ral Park - Enter	6-35 mo	6-35 mo	6-35 mo	6-35 mo	
11.00		1.		the main entrance &		0 00 1110	0 00 1110	0 000		
11.00								Swim Mom & Me L3	Swim	
11.30		2.	Go to Lo	evel 1 at FIT&SPA.					Mom & Me L3	
12.00								5-6 yrs	5-6 yrs	
12.00		3.	Begin c	heck-in at the Registration Desk						
12.30		J.	nandie	d by Hotel Staff.						
12.30		А	Walk th	rough the Area - Look	for the staircase.					
13.00	_	4.	Take th	rough the Area - Look e stairs to the L Floor	This leads -					
13.00			directly	to the Swimming Poo	l.					
13.30		_	Changi	ng rooms & Shower ar	e available					
14.00		5.	on Leve	el 1 & at the pool area.	c available					
14.00				•						
14.30		6.	Bring y	our ID Card & tap at the our Instructor & Class	e pool entrance,					
14.30 15.00		•	where d		Assistant will					
15.00			Welcoll	ie you.						
15.30		7.	Enjoy th	ne Class!		Swim	Swim Mom & Me L3	Swim	Swim Mom & Me L2	
15.30		_ •				Mom & Me L2 3-4 yrs	5-6 yrs	Mom & Me L2 3-4 yrs	3-4 yrs	
16.00				Class Rules:		0 4 313	7	0 1 yı 3	5 . ,.5	
16.00		4	0			Swim	Stroke	Stroke	Stroke	
16.30 16.30		1.	Uniy pr	e-registered students I to join the class.	are	Mom & Me L3	Development L1	Development L1	Development L1	
17.00			allowed	i to join the class.		5-6 yrs	7÷ yrs	7+ yrs	7+ yrs	
17.00		2	No wall	k-ins will be accepted.						
17.30			140 Wall	t mis will be accepted.	76					
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

SWIMMING POOL RULES HEALTHRULES:

- 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.
- 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.