

PESONA SQUARE +6221 3970 3939

Fall Term Schedule Jul 21st until Oct 19th 2025 Updated Aug 18th

SCAN FOR E-SCHEDULE



Time 0 1 2 3 4 6				Monday	,		Tuesday					Wednesday					Thursday					Friday						Saturday					Sunday			
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11.20						SMART				Baby	SMART				Dahii	SMART			Baby		SMART				Paby	SMART	lumnar			Pahu				Baby		
12.00 12.00		USA					24-35			Jam		24-35			Dance	4			Jam 6-18						Dance	1	24-35			Dance		12-23		Jam		
12.30		U4					mo				4-5 yrs	mo			1-3 yrs		mo								1-3 yrs		mo			1-3 yrs		mo				
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13.00 Valker Baby						3-4 yrs	l mo				3				1-3 yrs	3 3-4 vrs	mo													U3				1-3 yrs		
Salar Sala		00 /				3-4 yi s					3-4 yrs					0 1 7.0										0 4 313							3-5	yrs		
13.30	_	Walker			Baby					Baby		lumner					Jumper			Baby												Jumper		Move&		
14.00		12-23			Dance	Primary		_	1	Dance 1-3 vrs	Frimary	24-35				Primary	24-35			Dance	Primary					Primary						24-35		Groove		
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15.00	_				1-3 yrs		U5-7					U4					U4		Recital	3-5 yrs		U4					U5-7					U4				
15.30 US-7 Grove 3-5 yrs US-7 US-9 US-9 US-9 US-9 US-9 US-9 US-9 US-9															_				2									Parter				I.		713		
15.30		USA							k	Move&		USA			1 km		USA	Stage				USA	RockFit	t			USA	2 (goual				USA				
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17.30 Parkour 7+ yrs 18.00 18.00 18.30 19.00 19.00 19.00 19.30 20.00 20.00 20.00 21.00 1NDEX: N-Pop U7-18 N-							Elite		Rectal			la -					- ما					Elite		Rock					Ractins			Elite				
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	21.00	IND	DEX: Gymnastics Cheerleading Fallet Contemporary Dance Broadway Dance Taekwondo Elite: up to 90 min class											J 1 -																						



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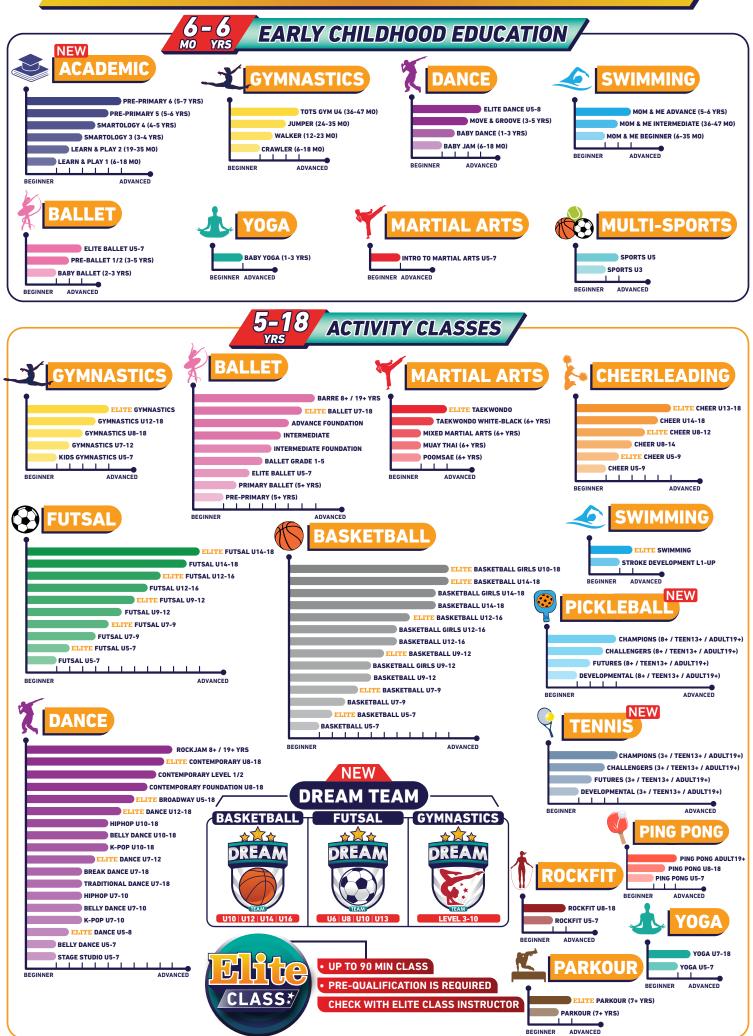
Fall Term Schedule Jul 21st until Oct 19th 2025 Updated Aug 18th

SCAN FOR E-SCHEDULE



		Mon	-		Tuesday					Wedn				rsday				day				rday		Sunday				
Time 08.00	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	
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13.30												Sports				Sports U3				Martial Arts	1							
13.30 14.00			3-7 yrs				3-7 yrs			Elite		Ú4/5				03		3-7 yrs		4-7 yrs	U5-7	3-7 yrs			U9-16	3-7 yrs		
14.00			. ,			_	. ,,						Æ	G			(Tkd.	A	. ,,						
14.30 14.30	Sports U4/5	3			Sports U4/5					U5-7	7			7			_			1 0				Sports U3	(3)			
15.00 15.00		U5-7				U5-7				03-7	3-7 yrs		U5-7	3-7 yrs			U5-7			6+ yrs	U8-18		U8-18		U5-7	U9-18		
15.30	Sports	M			Muay Thai					M		Muay Thai					(3)			Muay Thai								
15.30 16.00	U3	U5-7			6+yrs		3-7 yrs	U5-7		115-7	8-18 yrs	6+yrs	115 7	8-18 yrs	U5-7			8-18 yrs		6+yrs	U5-7	U9-18	U5-7		110 10	8-18 yrs		
16.00						S	3-7 yrs	05-7			0-10 yrs		-	0-10 yrs	05-7		_	0-10 yrs		That		07-10	03-7		A			
16.30 16.30		3			Martial Arts		A		Sports U4/5	3		Martial Arts	1	4		Sports U4/5	1			Tkd.	3							
17.00		U8-18			4-7 yrs	U8-18	8-18 yrs	U8-18		U8-18		4-7 yrs	U8-18	3-7 yrs	U8-18		U8-18			6+ yrs	U8-18		Adult19+		U8-18	Adult19+		
17.00					Tkd.	③				æ		Tkd.									Elite		& LADDER		AD	& LADDER		
17.30 17.30		U8-18			[] - [6+ yrs	U8-18				U8-18	U9-18		U8-18	U9-18			U8-18	U9-18			3		PLAY		U5-7	PLAY		
18.00 18.00		Elite	U9-18			Elite				00-10			Elite	09-18			Elite					Adult19+			03-7			
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21.00																	PLAY											
21.30	INDE	(: A	Baske	tball	Fut	Futsal 🛛 🏺 Tennis 📗 🧐				Pickleball Ping Pong			te:up	to 90 mi	n class													

NEW PROGRAM CLASSIFICATION & PROGRESSION





PESONA SQUARE +6221 3970 3939

Fall Term Schedule Jul 21st until Oct 19th 2025 Adult19+ Only

SCAN FOR E-SCHEDULE



		Mon	nday		Tuesday				Wednesday					Thur	sday			Fri	day			Satu	rday		Sunday			
Time	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong
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14.30		PLAY		mov	es up/o	down th	e ladde	r. Bring	your fr	iend/co	lleagu	e.																
14.30 15.00	1	MATCH		60 N	/linute i	match p	olay foc	using o	n Techr	nique, a	nd																	
15.00		PLAY	h (26) Teal	mwork	- ideal	prep for	the ne	kt Elite (Champ	ionship	s																
15.30 15.30		1	ockJar	High	n-energ	y fusio	n of daı	nce fitn	ess and	l Pound	Fit for																	
16.00			nckadi	a fu	ll-body	worko	ut.																					
16.00 16.30			Barre+	A bo	ıllet-ins	pired f	itness c	lass the	at blend	ls stren	gth,																(3)	
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21.30	IND	EX:	Baske	etball	Fu	ıtsal (Tenr	nis 🧐	Pickle	eball	Pir	ng Pong																

NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT19+



















Stills Leveling.

CHAMPIONS Advance Level

CHALLENGERS Intermediate Level

> **FUTURES** Beginner Leve

DEVELOPMENTAL Introductory Level

Tennis

Fun racquet sport with elements of skill, strategy, & athleticism. Burn calories, improve fitness, enjoy friendly competition & have fun!

Pickleball

Dynamic paddle sport with elements of Tennis, Badminton & Ping pong. Connect with other members & enjoy friendly matches.

Barret

Unique & dynamic workout with elements of Ballet, Pilates & Strength training! Elevate your fitness routine & have fun!

RockJam

High-energy workout with elements of Zumba, PoundFit & Cardio. Tone your muscles & prepare your body for dance leveling program.

CHAMPIONSHIPS 🖈

Events&Competitions:





Termly Competition where teams of equal skill divisions compete against each other.

An Annual stage showcase featuring variety of arts performed in front of an audience.

Ballet & Dance Leveling:



Developmental : Introduction level will help to discover your passion and potential.

: Learn fundamentals & build a strong foundation. **Futures**

Challengers : Elevate your skills, refined techniques & challenge yourself.

: Embark on a journey of artistry, mastering complex choreography & routines. Champions

Recital Adult19+ : Recital is a celebration of movement, creativity & dedication, where you will share your

passion with friends & family.

Sports Team's Divisions: 🤎 🦓 🚱 🟖 🌱



Champions : Engage in high-intensity gameplay, strategic maneuvers & advanced techniques.

Challengers : Sharpen your skills, explore new tactics & enjoy friendly competitions.

: Dive into the game basics, build a strong foundation & be part of developmental team. **Futures**

: Introduction level will help you ease into the game, discovering your passion and potential. Developmental