



PESONA SQUARE
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Fall Term Schedule
20th Jul until 18th Oct 2026
Updated 21st Sep

**SCAN FOR
E-SCHEDULE**



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	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
08.00	Elite CHAMPIONSHIPS BASKETBALL FUTSAL PRESCHOOL & KINDERGARTEN GIMNASTICS BABY GYM PICKLEBALL PINGPONG ADULT19+ PARKOUR																											
08.30																												
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21.00																												
21.30																												

INDEX: Basketball Futsal Tennis Pickleball Ping Pong **Elite** : up to 90 min class



	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
Time	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4					
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12.00																																			
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12.30	U5-7																																		
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13.00																																			
13.00	Walker 12-23 mo																																		
13.30																																			
14.00																																			
14.30	Jumper 24-35 mo																																		
15.00																																			
15.00																																			
15.30	U5-7																																		
16.00																																			
16.00	U8-18	Stage Studio U5-7																																	
16.30																																			
17.00																																			
17.00	Parkour 7+ yrs																																		
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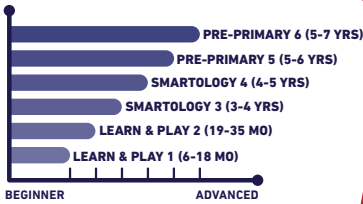
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

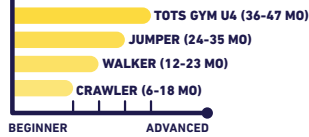
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



GYMNASTICS



DANCE



SWIMMING



BALLET



NEW!

TENNIS



MARTIAL ARTS



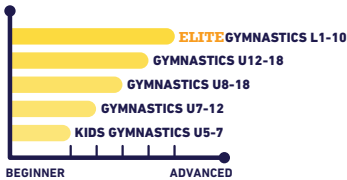
MULTI-SPORTS



5-18
YRS

ACTIVITY CLASSES

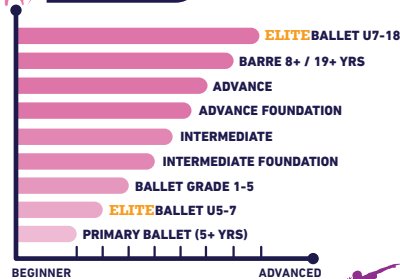
GYMNASTICS



SWIMMING



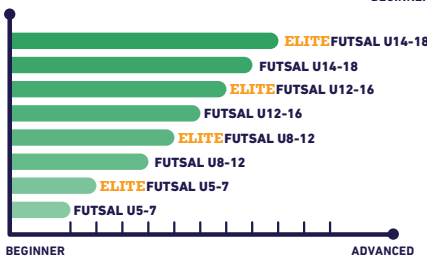
BALLET



CHEERLEADING



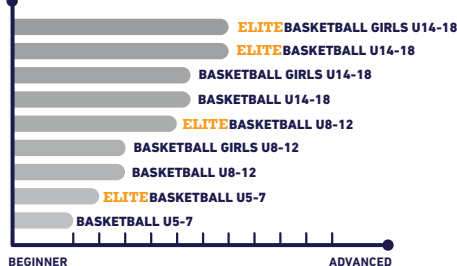
FUTSAL



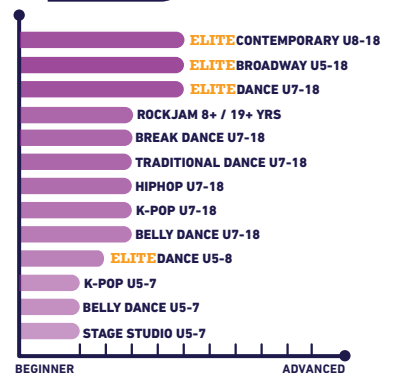
PARKOUR



BASKETBALL

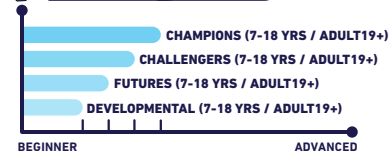


DANCE



NEW!

PICKLEBALL



NEW

DREAM TEAM

BASKETBALL



U10 | U12 | U14 | U16

FUTSAL



U6 | U8 | U10 | U13

GYMNASTICS



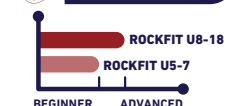
LEVEL 3-10

NEW!

PING PONG



ROCKFIT



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



MARTIAL ARTS



NEW!

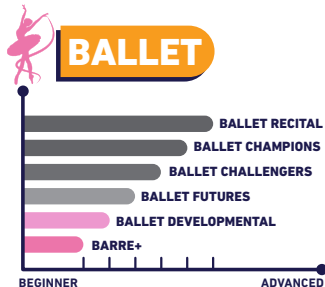
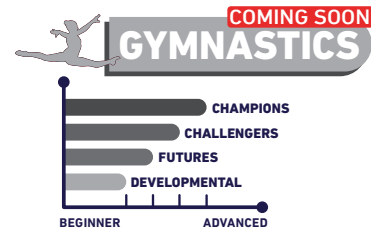
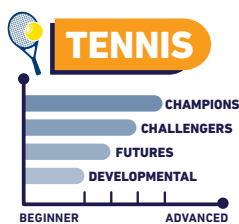
TENNIS



[illegible]

NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT 19+



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.

Barre+

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.

Skills Leveling:

CHAMPIONS
Advance Level

CHALLENGERS
Intermediate Level

FUTURES
Beginner Level

DEVELOPMENTAL
Introductory Level

Elite 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.

Dance Recital Ballet & Contemporary Recital

Ballet & Dance Leveling:



- Developmental** : Introduction level will help to discover your passion and potential.
- Futures** : Learn fundamentals & build a strong foundation.
- Challengers** : Elevate your skills, refined techniques & challenge yourself.
- Champions** : Embark on a journey of artistry, mastering complex choreography & routines.
- Recital Adult 19+** : 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.
- Futures** : Dive into the game basics, build a strong foundation & be part of developmental team.
- Developmental** : Introduction level will help you ease into the game, discovering your passion and potential.