





# PESONA SQUARE

+6221 3970 3939

## Spring Term Schedule

19<sup>th</sup> Jan until 19<sup>th</sup> Apr 2026

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 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 08.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 08.30 | <div style="border: 2px solid black; padding: 5px; display: inline-block;"> <p><b>PERFORMING ARTS</b></p> <p><b>Elite</b> BASKETBALL FUTSAL</p> <p>FRESH &amp; KINDER GARTEN</p> <p>GIMNASTICS BABY GYM</p> <p>PICKLEBALL PINGPONG</p> <p>ADULT19+ PARKOUR</p> </div> |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 09.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 09.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 09.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 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 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 16.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 17.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 18.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 19.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 20.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21.00 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 21.30 |   |        |        |          |          |        |        |          |           |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |          |        |        |          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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

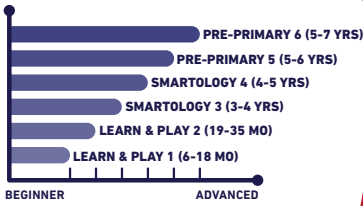
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

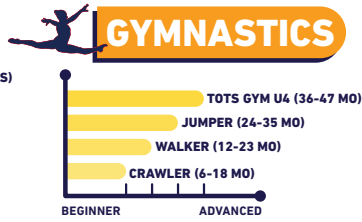
## EARLY CHILDHOOD EDUCATION

**NEW!**

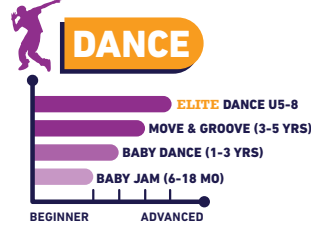
### ACADEMIC



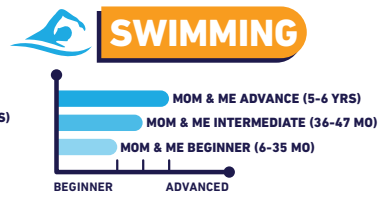
### GYMNASTICS



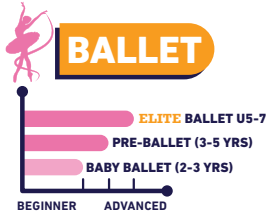
### DANCE



### SWIMMING



### BALLET



### TENNIS



### MARTIAL ARTS



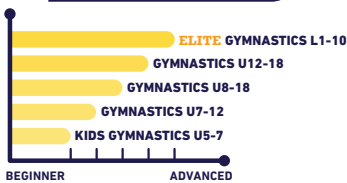
### MULTI-SPORTS



**5-18**  
YRS

## ACTIVITY CLASSES

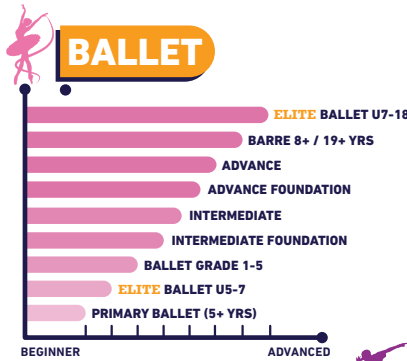
### GYMNASTICS



### SWIMMING



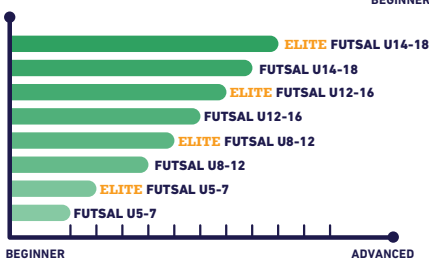
### BALLET



### CHEERLEADING



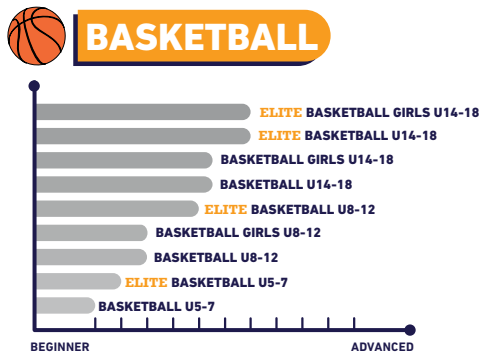
### FUTSAL



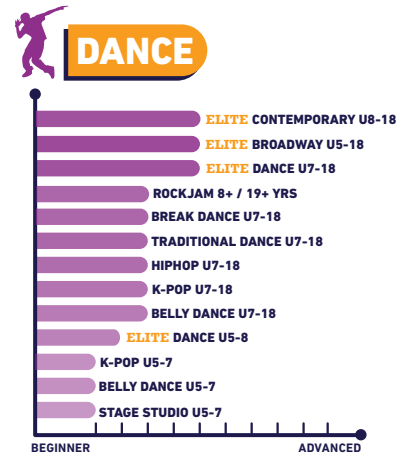
### PARKOUR



### BASKETBALL

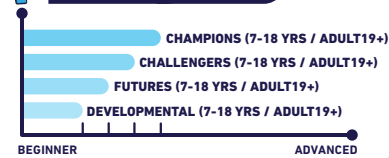


### DANCE



**NEW!**

### PICKLEBALL



## NEW DREAM TEAM

**BASKETBALL**

U10 | U12 | U14 | U16

**FUTSAL**

U6 | U8 | U10 | U13

**GYMNASTICS**

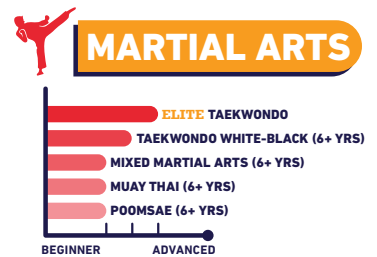
LEVEL 3-10

**NEW!**

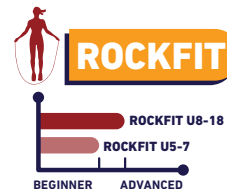
### PING PONG



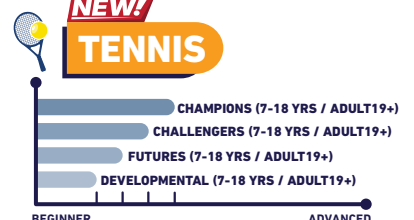
### MARTIAL ARTS



### ROCKFIT



### TENNIS



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



# PESONA SQUARE

+6221 3970 3939

## Spring Term Schedule

19<sup>th</sup> Jan until 19<sup>th</sup> Apr 2026

# ADULT19+

SCAN FOR  
E-SCHEDULE



| Time  | Monday |        |        |          | Tuesday |        |        |          | Wednesday |        |        |          | Thursday |        |        |          | Friday |        |        |          | Saturday |        |        |          | Sunday |        |        |          |
|-------|--------|--------|--------|----------|---------|--------|--------|----------|-----------|--------|--------|----------|----------|--------|--------|----------|--------|--------|--------|----------|----------|--------|--------|----------|--------|--------|--------|----------|
|       | 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 |
| 08.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 08.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 09.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 09.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 10.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 10.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 11.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 11.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 12.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 12.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 13.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 13.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 14.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 14.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 15.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 15.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 16.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 16.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 17.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 17.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 18.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 18.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 19.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 19.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 20.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 20.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 21.00 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |
| 21.30 |        |        |        |          |         |        |        |          |           |        |        |          |          |        |        |          |        |        |        |          |          |        |        |          |        |        |        |          |

**ADULT19+ SPORTS CLASSES** 60 min of Drills and Technique training, followed by Ladder Play.

**LADDER PLAY** Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder.

**MATCH PLAY** Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.

**MATCH PLAY** 60 Minute match play focusing on Technique, and Teamwork - ideal prep for the next Elite Championships

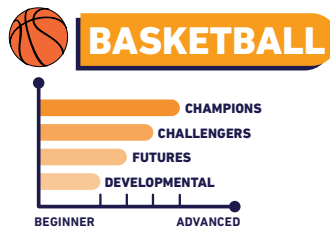
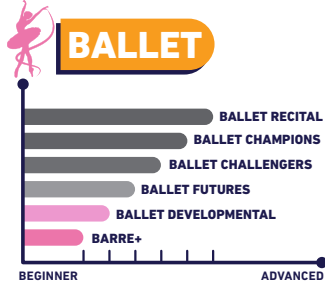
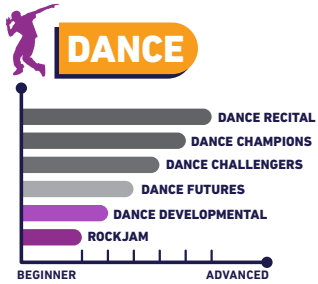
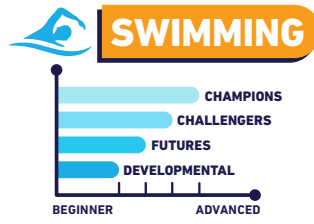
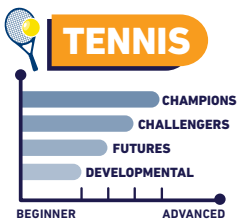
**RockJam** High-energy fusion of dance fitness and PoundFit for a full-body workout.

**Barre+** A ballet-inspired fitness class that blends strength, flexibility, and grace.

INDEX: Basketball | Futsal | Pickleball | Ping Pong

# 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.