



PESONA SQUARE

+6221 3970 3939

Pickleball Court Renovation
23 June - 8 July 2025

Summer Term Schedule

Apr 21st until Jul 20th 2025

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			RENOVATION																									
08.30																												
08.30																												
09.00																												
09.00																												
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11.30																												
12.00																												
12.00																												
12.30					Sports U3				Sports U3				Sports U3															
12.30																												
13.00																												
13.00																												
13.30																												
13.30																												
14.00																												
14.00																												
14.30	Sports U4/5				Sports U4/5																							
14.30		U5-7				U5-7																						
15.00																												
15.00																												
15.30	Sports U3				Muay Thai 6+yrs								Muay Thai 6+yrs															
15.30		U5-7				U5-7								U5-7														
16.00																												
16.00																												
16.30					Martial Arts 4-7 yrs				Sports U4/5				Martial Arts 4-7 yrs				Sports U4/5				Tkd. 6+ yrs							
16.30		U8-18				U8-18				U8-18				U8-18				U8-18				U8-18						
17.00																												
17.00																												
17.30		U8-18			Tkd. 6+ yrs								Tkd. 6+ yrs															
17.30						U8-18								U8-18														
18.00																												
18.00																												
18.30		Elite				Elite																						
18.30																												
18.30																												
19.00																												
19.00		U7-18				U9-16																						
19.30																												
19.30																												
20.00																												
20.00																												
20.30																												
20.30																												
21.00																												

INDEX:



Basketball



Futsal



Tennis



Pickleball



Ping Pong

Elite : up to 90 min class



: up to 120 min class

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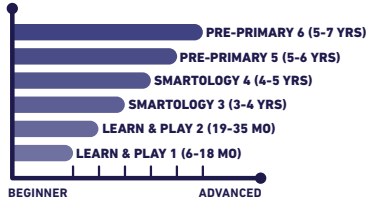
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

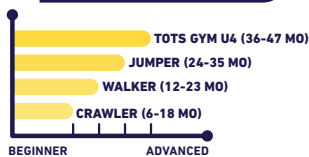
EARLY CHILDHOOD EDUCATION



NEW ACADEMIC



GYMNASTICS



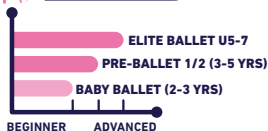
DANCE



SWIMMING



BALLET



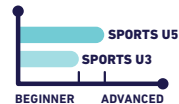
YOGA



MARTIAL ARTS



MULTI-SPORTS

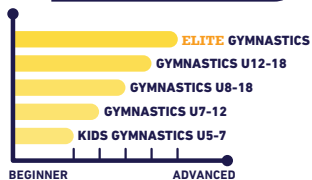


5-18
YRS

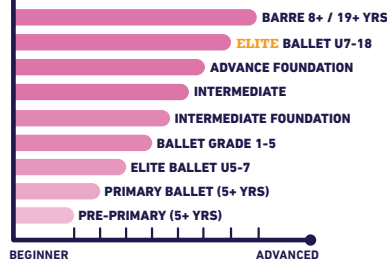
ACTIVITY CLASSES



GYMNASTICS



BALLET



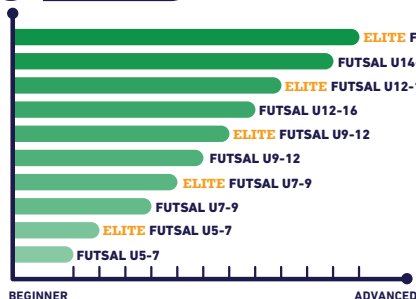
MARTIAL ARTS



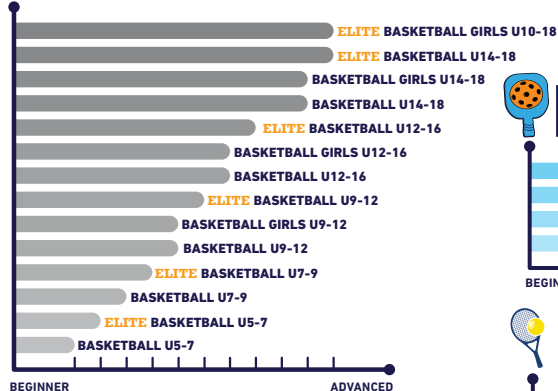
CHEERLEADING



FUTSAL



BASKETBALL



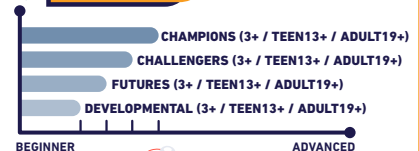
SWIMMING



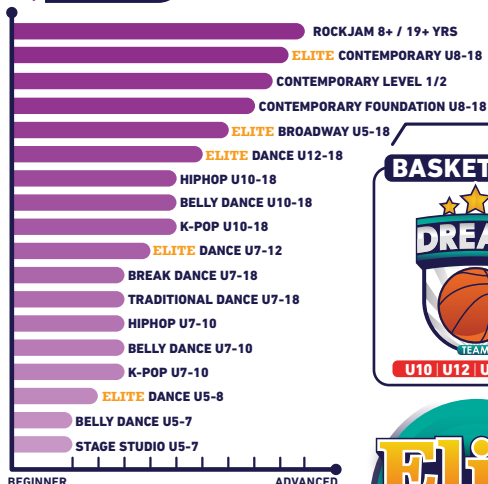
PICKLEBALL



TENNIS



DANCE



NEW

DREAM TEAM

BASKETBALL



U10 | U12 | U14 | U16

FUTSAL



U6 | U8 | U10 | U13

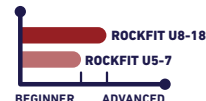
GYMNASTICS



LEVEL 3-10



ROCKFIT



PING PONG



YOGA



PARKOUR

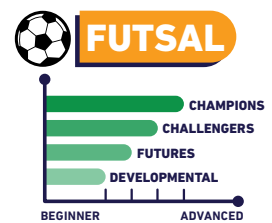
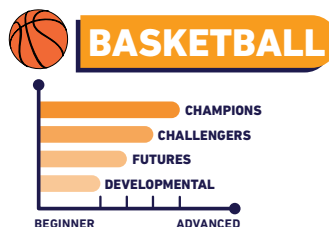
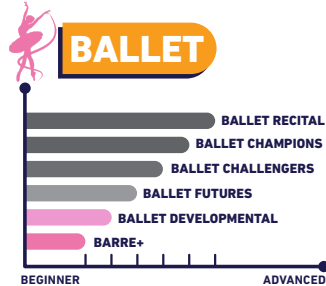
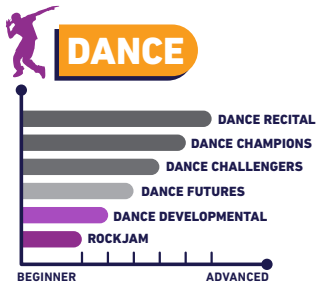
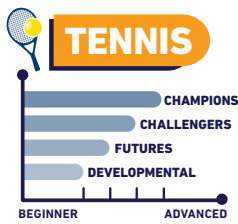


- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED
- CHECK WITH ELITE CLASS INSTRUCTOR

[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.