

Elite
CHAMPIONSHIPS ★★

PERFORMING ARTS

BASKETBALL FUTSAL

Preschool & KINDERGARTEN

GIMNASTICS PICKLEBALL

REGISTER NOW!



PESONA SQUARE

+6221 3970 3939

Winter Term Schedule
20th Oct 2025 until 18th Jan 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				
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INDEX:

Basketball

Futsal

Tennis

Pickleball

Ping Pong

Elite : up to 90 min class

REGISTER NOW!

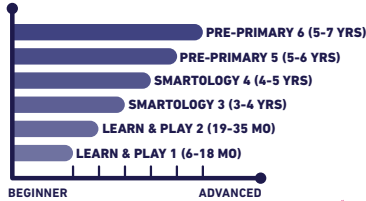
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

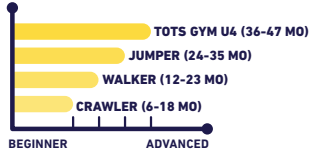
EARLY CHILDHOOD EDUCATION



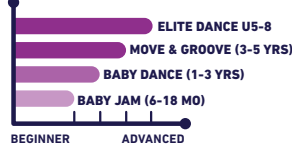
NEW ACADEMIC



GYMNASTICS



DANCE



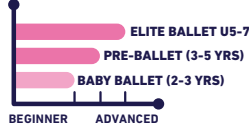
SWIMMING



YOGA



BALLET



MARTIAL ARTS



MULTI-SPORTS

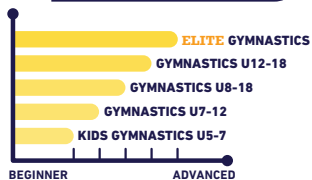


5-18
YRS

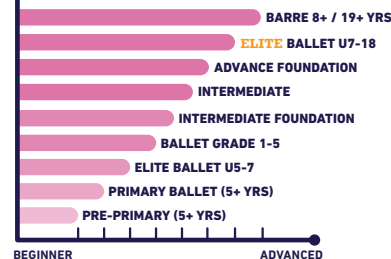
ACTIVITY CLASSES



GYMNASTICS



BALLET



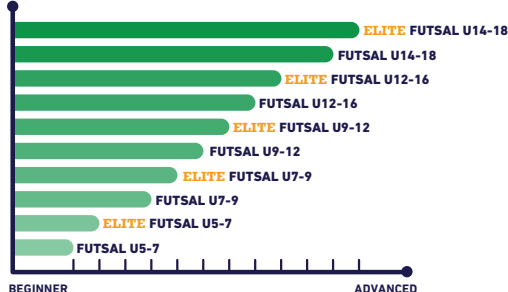
MARTIAL ARTS



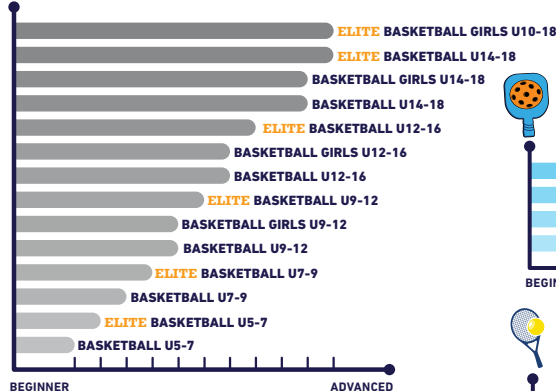
CHEERLEADING



FUTSAL



BASKETBALL



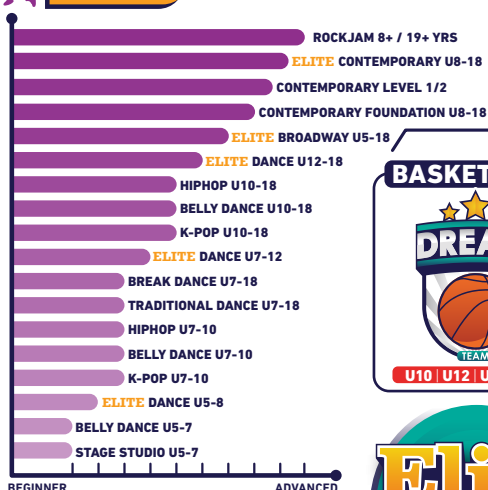
SWIMMING



PICKLEBALL



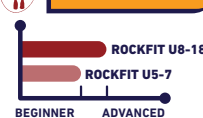
DANCE



NEW DREAM TEAM



ROCKFIT



PING PONG



YOGA



PARKOUR



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



PESONA SQUARE
+6221 3970 3939

Winter Term Schedule
20th Oct 2025 until 18th Jan 2026
Adult19+ Only

SCAN FOR
E-SCHEDULE



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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.

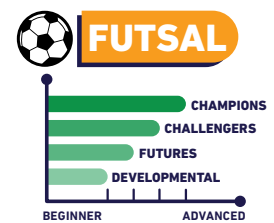
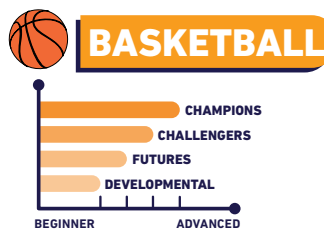
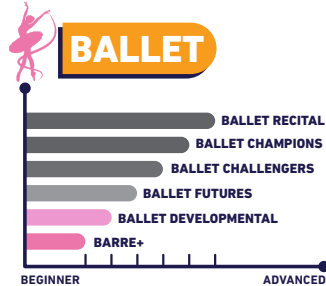
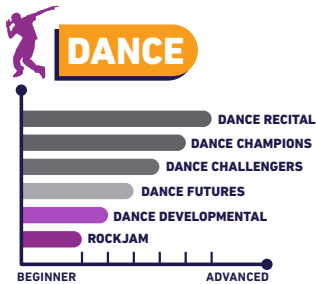
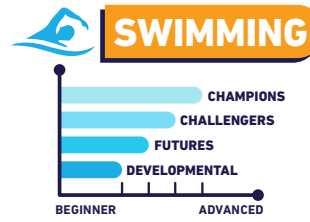
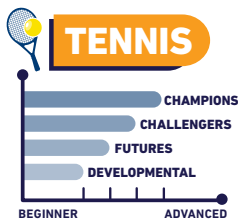
MATCH PLAY
60 Minute match play focusing on Technique, and Teamwork - ideal prep for the next Elite Championships

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.

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.