

PESONA SQUARE +6221 3970 3939

Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

SCAN FOR E-SCHEDULE



	Monday							Tuesda	y		Wednesday					Thursday					Friday						Sa	aturday	,	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	G	1 2	•	4
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08.30																										5_	75	10	_		PFPI	-ORM	NG A	RTG
08.30																											1	١٢١١	₹ Þ/			SILIVI		
09.00																							-			IJ Ŀ	り	UL		귱	BAS	KETBAL		ITSAL
09.00 - 09.30									LEARN										LEARN OF THE PROPERTY OF THE P							/200				<u> </u>	Fresch	cel & Kil	IDERG/	arten
09.30					Primary		_	-	&PLAY	Primary					Primary				LEARN &PLAY 1	Primary					Primary	/CH	AMP	PIONS	HIPS		GMNA	STICS	DICKI F	RAI I®
10.00					5&6				6-18 mo	5&6					5&6				6-18 mo	5&6					5&6						Gavar		ICKLL	DALL
10.00					5-7 yrs				IEADXI	5-7 yrs				LEADN	5-7 yrs				IEADXI	5-7 yrs					5-7 yrs									
10.30						Crawler		Baby	&PLAY 2		Walker			LEARN &PLAY 2		Crawler		Baby	&PLAY 2		Walker					Jumper					Crawler			
10.30						6-18 mo		Dance	2		12-23 mo			2		6-18		Dance	2		12-23 mo					24-35 mo					6-18 mo			
11.00						1110		1-3 yrs	19-35 mo					19-35 mo		mo		1-3 yrs	19-35 mo		1110					1110					1110			
11.00	la a				CVADT			1		CVART					CVADE			Raby		@VADE					QVADI-									
11.30	USA				OFFI	Jumper 24-35			Baby Jam	OLUGI	Jumper			Baby Dance	SMART OLOGY	Jumper		Baby Jam		SMART OLOGY				Baby	SMART OLOGY	Jumper 24-35 –			Baby		Walker		Baby Jam	
11.30	U4				4	mn l			6-18	4	24-35 mo			1-3 yrs	4	24-35 mo		6-18 mo		4				1-3 vrs	4	mo			Dance 1-3 yrs		12-23 mo		6-18	
12.00	04				4-5 yrs				mo	4-5 yrs					4-5 yrs			0		4-5 yrs					4-5 yrs								mo	
12.00	b _				SMART	Walker				SMART				Dah	SMART OLOGY						Jumper				SMART OLOGY	Walker						P-Ball		
12.30	USA				OLOGY	Walker 12-23				OLOGY				Baby Dance	OLOGY 3	Walker 12-23					24-35				OLOGY 3	Walker 12-23 –			Sports U3			- 	Baby Dance	
12.30 13.00	U5-7				3 3-4 yrs	mo				3 3-4 yrs				1-3 yrs	3 3-4 yrs	mo					mo				3-4 yrs	mo			US			1.7	1-3 yrs	5
					0 1 310			-		5 4 yis					1								-			-				-		3-5 y	rs	
13.00	Walker			Baby		USA		Baby	Baby		lumnor					Jumper			Baby							USA					Jumper		Move&	
13.30 13.30	12-23			Dance	Primary			*	Dance 1-3 yrs	Primary	Jumper 24-35				Primary	24-35			Dance	Primary					Primary	USA					24-35		Groove	
14.00	mo			1-3 yrs	5&6	U4		2-3 yrs		5&6	mo				5&6	mo			1-3 yrs	5&6					5&6	U4					mo		3-5 yrs	
14.00					5-7 yrs			P-Ballet		5-7 yrs	,				5-7 yrs					5-7 yrs	_				5-7 yrs							Bab	/ 👛	
	Jumper			Baby		USA		*			USA					USA			Move&		USA					USA			Move&		USA		1	
14.30	24-35 mo			Dance 1-3 yrs		U5-7		7			_							Recital	Groove 3-5 yrs										Groove 3-5 yrs		U4	 ¥		
15.00	1110			,		U5-/		3-5 yrs			U4					U4			,		U4					U5-7			3-3 yi 3		04	2-3 yı	s U5-9	
15.00	10/							Primary			ر ما					ہ ما		L			ر ما					9 سا	Recital				le	Prima	ry	
15.30	USA			Move& Groove				*	Move& Groove		USA	Move&				USA	Stage Studio U5-7	5			USA	RockFi U7-18	t	Move& Groove		USA					USA	- *		
15.30	U5-7			3-5 yrs					3-5 yrs		U5-7	Groove 3-5 yrs				U4	U5-7	LIE O			U5-7	07-18		3-5 yrs		U8-18	U5-8				U5-7	17		
16.00								5+ yrs						U5-9				U5-9								1	ריו					5+ yı	s	
16.00	USA	Stane				USA	Stage				روا					USA					le _		Trad	Stage							USA			
16.30		Stage Studio					Stage Studio				USA			-					RockFit U8-18		USA	RockFit U5-7	Trad. Dance U7-18	Studio				H-Hop U7-18						
16.30	U8-18	U5-7				U8-18	U5-7				U5-7			U8-18		U5-7			30-10		U8-18	03-7	U7-18	U5-7				07-18			U8-18			
17.00 17.00						Elite		Recital						06-18							Elite		Deal					Ø a			Elite			
	Parkour						K-Pon	Legital			USA	Dance Adult		RockFit		USA		Barre+	D		Eiite	K-Po-	Rock				-	Rectial			Hite			
17.30	7+ yrs					USA	U7-18	U5-7			_			U5-7		U8-18		Adult	RockFit U5-7		USA	K-Pop U7-18	Jam Adult								USA			
18.00						USA		\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\			U8-18	19+ yrs				00-18		19+ yrs			USA		19+ yrs					()			USA			
18.00																		Rectral					Recttal					17						
18.30											Parkour												T.					U8-18						
18.30											7+ yrs							2					1											
19.00											7711							-					//											
19.00 19.30											Elite							U8-18					U5-18						_					
19.30											USA																							
20.00											-																			R=	es	∄⊒: ?	[N[0]	\ <i>\\\\</i>
20.00			KINDEF	DCAPT	EN ·	Prima	- · E	□rę	/			PPI	SCHU	OI ·	EARN &	DI A	V1	EADN	&PLA	v ₂ T	CMAD	TOLO	CA3	CMAE	TOLO	GV /						در د		
21.00	INDI	EX:							mary 6		ad						<u> </u>	-3-1/1/1								014								
			USA	Gymnas	tics	ြ Ch	eerlea	ding	Ball	et =	Con	tempor	ary Dar	nce 🎢	Broad	lway	D	ance	Ta	ekwon	do I	Clite	: up to 9	90 min	class									



PESONA SQUARE +6221 3970 3939

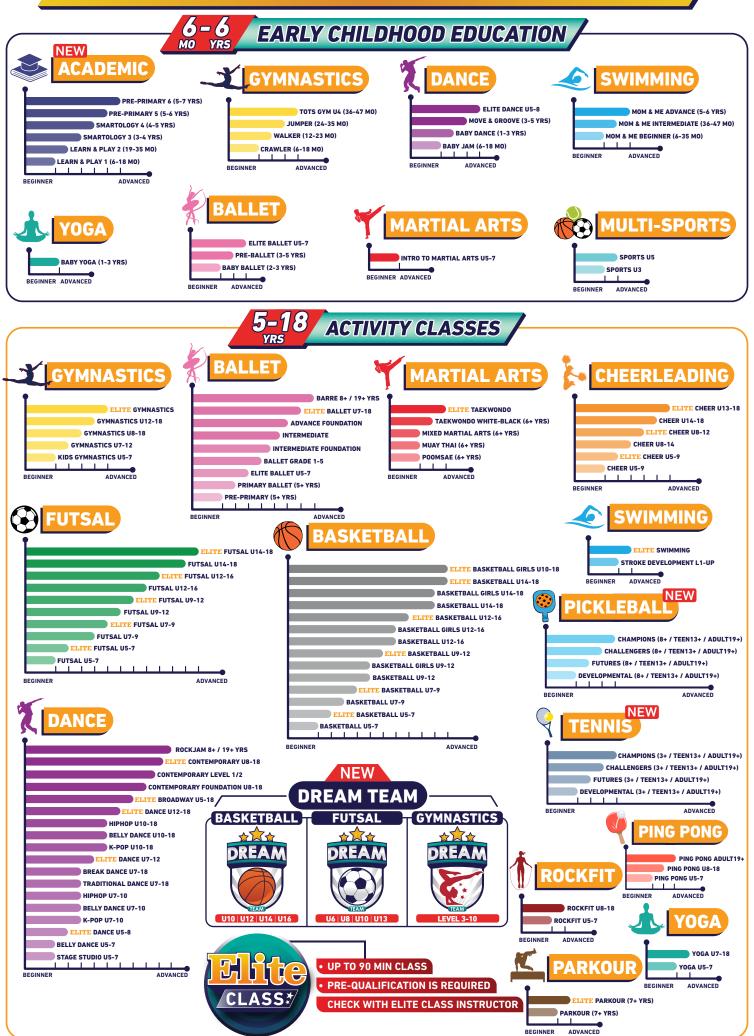
Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

SCAN FOR E-SCHEDULE



	Monday					Tues	sday			Wedn	esday			Thur	sday			Fri	day		Saturday				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
08.00 08.30		-5			DEP	EADI	MING	ADT															(i)					
08.30	7		77E				411 9																					
09.00 09.00		<u>" </u>	ப்படு				Kinder																Adult19+					
09.30 09.30	/CH	AMPIO	NSHIP	SX	,		S PICK																MATCH PLAY					
10.00					Gaville	IA3 IAC	J PICK	LEDAL																				
10.00 10.30											(3)				(3)													
10.30																												
11.00 11.00											Adult19+				Adult19+											Elite		
11.30 11.30											LADDER				LADDER							NEW						
12.00											PLAY				PLAY							Elite				1		
12.00 12.30					C				Carata				Sports									1				U5-7		
12.30					Sports U3				Sports U3				U3									U7-12				Elite		
13.00 13.00																						07 12				15		
13.30													Sports				Sports U3		9		Martial Arts	M					9	
13.30 14.00			3-7 yrs				3-7 yrs			Elite			Ú4/5				U3		3-7 yrs		4-7 yrs	U5-7	3-7 yrs			U9-16	3-7 yrs	
14.00	C				Caranta	1					9			AFO.				(-		<u>T</u> kd <u>.</u>	_		<u> </u>			(0)	
14.30 14.30	Sports U4/5				Sports U4/5					U5-7	7			115.7	7			_			[] - [6+ yrs				Sports U3	3		
15.00 15.00		U5-7				U5-7				00 /	3-7 yrs			U5-7	3-7 yrs	<u>~</u>		U5-7			0.,,0	U8-18		U8-18		U5-7	U9-18	
15.30	Sports				Muay Thai	③				M			Muay Thai	③				3			Muay Thai					(3)	G	
15.30 16.00	Ū3	U5-7			6+yrs	U5-7	3-7 yrs	U5-7		U5-7	1 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						Æ	0,713	03-7			0 10 113				<u> </u>	6 37		_					0, 10					
16.30 16.30		③			Martial Arts		A		Sports U4/5	③			Martial Arts 4-7 yrs		Y		Sports U4/5	6						W				
17.00		U8-18			4-7 yrs	U8-18	8-18 yrs			U8-18			4-7 yrs	U8-18	3-7 yrs	U8-18		U8-18				U8-18		Adult19+		U8-18	Adult19+	
17.00 17.30		AS			Tkd.	③				1			Tkd.	③				3				Elite		& Ladder		1	LADDER	
17.30 17.30 18.00		U8-18	U9-18		6+ yrs	U8-18		U8-18		U8-18	U9-18		[] - [6+ yrs	U8-18	U9-18			U8-18	U9-18			3	Adult19+	PLAY		U5-7	PLAY	
18.00		Elite			NEW	Elite		00-10		_				Elite				Elite				U5-12	&					
18.30 18.30					Tkd.	\$								Æ									LADDER PLAY					
19.00		3	Adult19+		6+ yrs		U9-18			Girls U7-18	Adult19+				Adult19+			③	Adult19+				اللمتار					
19.00 19.30		U7-18	& L'ADDER			U9-16					& L'ADDER			U7-12	& Ladder			U7-18	& L'ADDER			(3)						
19.30			PLAY								PLAY				PLAY	7		SE	PLAY									
20.00 20.00																Adult19+						Adult19+ &						
20.30 20.30																LADDER		Adult19+				MATCH						
21.00																PLAY		MATCH				PLAY		PR	ar	TER.	Ma	17/7/
21.00																	,	PLAY						اكلما		كمكال		
21.30	INDE	X: (1)	Baske	tball	Fut	tsal 📗	🖣 Tenr	nis 🧐	Pickle	eball	V Pin	ng Pong	Eli	te:up	to 90 mi	n class												

NEW PROGRAM CLASSIFICATION & PROGRESSION





PESONA SQUARE \$\psi\$ +6221 3970 3939

Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

SCAN FOR E-SCHEDULE



Adult19+ Only

Studio Sports Tennis PingPong Studio	Studio Sports Tennis PingPong Adult19+ MATCH PLAY	g Studio Sports Tennis PingPong
08.30 08.30 09.00 09.00 09.00 09.30 09.30 10.00 10.00 10.00 11.00	Adult19+	
09:30 09:30 09:30 09:30 10:00 10:30 10:30 11:30 11:30 11:30 11:30 12:30 12:30 12:30 12:30 13:30 13:30 13:30 13:30 13:30 13:30 13:30 13:30 13:30 14:00 Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, followed by Ladder Play. Comparison of Drills and Technique training, fol	Adult19+	
09.30 10.00 10.00 10.30 11.30 11.30 11.30 12.00 12.00 12.30 12.30 12.30 13.30 13.30 13.30 13.30 13.30 13.30 14.00 PLAY Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder. MATCH Services and services are moves up/down the ladder. MATCH Services and services are moves up/down the ladder. MATCH Services are moves up/down the ladder. MATCH Services are moves up/down the ladder.		
09.30 10.00 10.00 10.30 11.00 11.30 11.30 11.30 11.30 12.30 12.30 12.30 12.30 12.30 13.00 13.00 13.30 13.00 13.30 13.00 13.30 13.00 13.30 13.00 13.30 13.00	MATCH	
10.00 10.00 10.30 10.30 11.30 11.30 11.30 12.00 12.30 12.30 12.30 13.00 13.30 13.30 13.30 13.30 13.30 13.30 14.00 MATCH Series (LASSES by Ladder Play where the winning/losing team moves up/down the ladder. Longer match play where the winning/losing team moves up/down the ladder. Longer match play where the winning/losing team moves up/down the ladder.	<u> </u>	
10.00 10.30 11.00 11.00 11.00 11.30 11.30 11.30 12.00 12.30 12.30 12.30 12.30 12.30 13.30		
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11.00 11.00 11.30 11.30 12.00 12.00 12.30 12.30 13.00 13.00 13.00 13.00 13.00 14.00 LADDER PLAY Adult19+ & WADDER PLAY BADDER LADDER PLAY Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder. Longer match play where the winning/losing team moves up/down the ladder. Longer match play where the winning/losing team moves up/down the ladder.		
11.00 11.30 11.30 12.00 12.30 12.30 13.00 13.00 13.00 13.00 13.30 14.00 14.00 Longer match play where the winning/losing team moves up/down the ladder. Longer match play where the winning/losing team moves up/down the ladder.		
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12.00 12.30 12.30 13.00 13.00 13.30 13.30 14.00 14.00 Longer match play where the winning/losing team moves up/down the ladder. Longer match play where the winning/losing team moves up/down the ladder.		
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13.00 13.30 13.30 14.00 14.00 14.00 15.00 16.00 17.00 17.00 18.00 19.00		
13.30 13.30 14.00 WATCH Longer match play where the winning/losing team moves up/down the ladder. Longer match play where the winning/losing team moves up/down the ladder. Pring your friend/colleggue		
14.00 14.00 Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleggue		
TOTAV moves un/down the ladder Bring your friend/colleggue		
14.30 MATCH 60 Minute match play focusing on Technique, and		
15.00 Teamwork - ideal prep for the next Elite Championships		
15.20		
15.30 16.00 RockJam High-energy fusion of dance fitness and PoundFit for a full-body workout.		
16.00 A ballet-inspired fitness class that blends strength,		
16.30 Barret flexibility, and grace.		
17.00	Adult19+	+ Adult19+
17.00 17.30 Dance Barre+ Rock	& ILADDER	& LADDER
17.30 Adult19+ Adult19+ Jam	PLAY	
18.00 Adult19+	Adult19+	, jess
18.30 18.30	LADDER	
18.30	PLAY	
19.00 Adult19+ Adult19+ Adult19+ & & & & & & & & & & & & & & & & & &	500	
19:30 LADDER LADDER LADDER		
19.30 DI/AV/ DI/A		
20.00 FLAT FLAT Adult19+	Adult19+	
20.30 LADDER Adult19+		
20.30 21.00 RLAY & MATCH	MATCH	
21.00 21.00 ELAY	MATCH PLAY	
21.30 INDEX: Basketball Futsal Pickleball Ping Pong	MATCH PLAY	

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