

[illegible]

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			
08.00	Elite CHAMPIONSHIPS PERFORMING ARTS BASKETBALL FUTSAL PRESCHOOL & KINDERGARTEN GIMNASTICS PICKLEBALL																										
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INDEX:

Basketball Futsal Tennis Pickleball Ping Pong

Elite : up to 90 min class

REGISTER NOW!

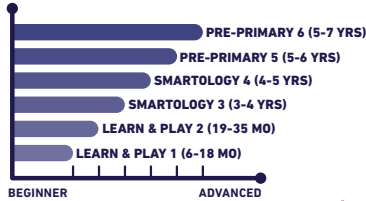
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

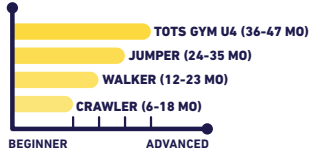
EARLY CHILDHOOD EDUCATION



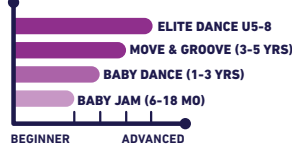
NEW ACADEMIC



GYMNASTICS



DANCE



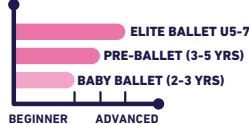
SWIMMING



YOGA



BALLET



MARTIAL ARTS



MULTI-SPORTS

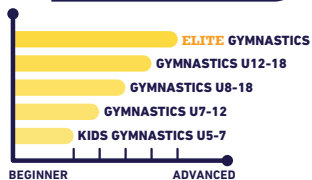


5-18
YRS

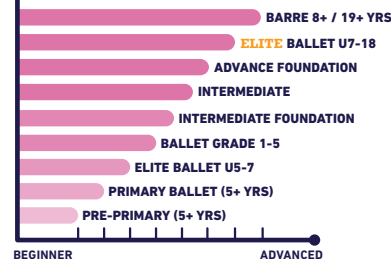
ACTIVITY CLASSES



GYMNASTICS



BALLET



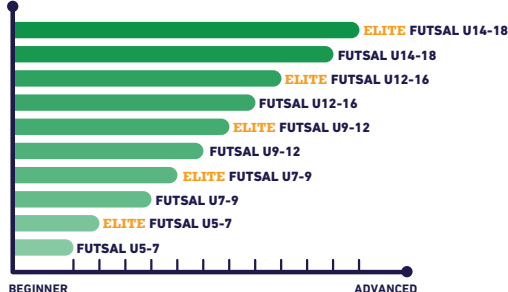
MARTIAL ARTS



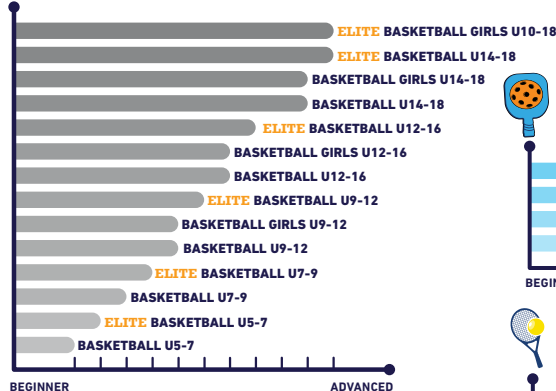
CHEERLEADING



FUTSAL



BASKETBALL



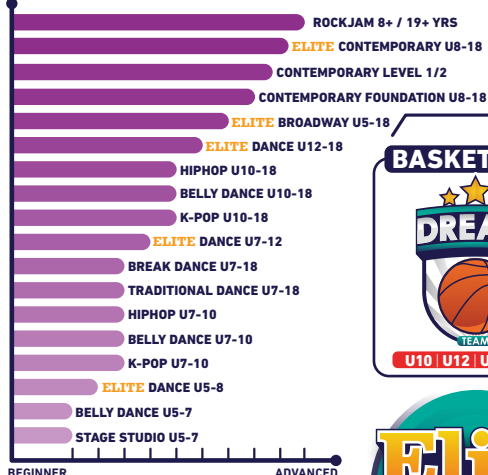
SWIMMING



PICKLEBALL



DANCE



NEW DREAM TEAM

BASKETBALL



U10 | U12 | U14 | U16

FUTSAL



U6 | U8 | U10 | U13

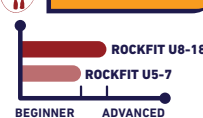
GYMNASTICS



LEVEL 3-10



ROCKFIT



PING PONG



YOGA



PARKOUR



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



PESONA SQUARE
+6221 3970 3939

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

SCAN FOR
E-SCHEDULE



	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
Time	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
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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.

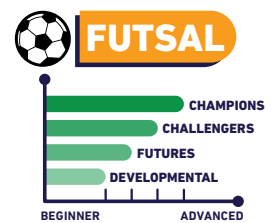
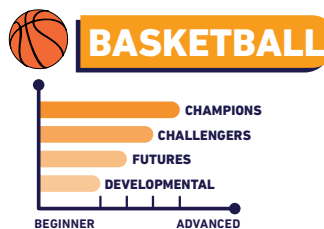
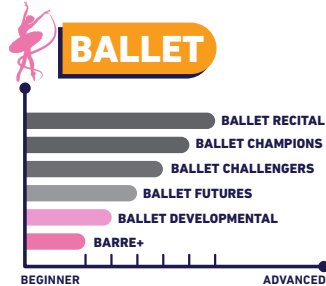
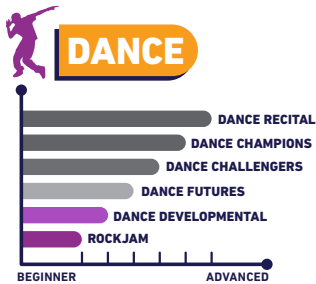
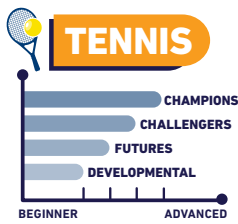
MATCH PLAY
60 Minute match play focusing on Technique, and Teamwork - ideal prep for the next Elite Championships

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.