

# PESONA SQUARE +6221 3970 3939

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

SCAN FOR E-SCHEDULE



**Updated Nov 17**<sup>th</sup>

	Monday Tuesday Wednesday Thursday Friday Saturday																																			
			/ondav			Tuesday						Wednesday					Thursday					Friday						aturdav	,		Sunday					
Time	G	1	-				G 1 2		-		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	
08.00	-		_	-	-	-		_	_				_	_		-			-				_	_				_								
08.30																										ļ <u>5</u>	<del>- 1</del> 5	1 (	п		<b>DF</b>	PEO	AIMS	<b>IGAR</b>	TG	
08.30																											721	۱۲ ٔ	ί <b>/</b> /				DALL	() EUTE	24/	
09.00 09.00																											ונדש	Ųί	lЫ	ᅜ	A STATE	SKEI	E/AILL	GFUI!	SAL	
09.30					=				LEARN &PLAY	i									REL AV							/		LONG	WIII C	<u> </u>				ERGAF		
09.30					rimary				1	rimary					Primary				&PLAY	Primary					Primary	/ Ľ	HAMP	IUN3	HIPS		GMI	NAST	CS PI	CKLEB	ALL®	
10.00					5&6				6-18 mc						5&6				6-18 mo						5&6											
10.00					5-7 yrs				LEARN	5-7 yrs				LEARN	5-7 yrs				LEARN	5-7 yrs					5-7 yrs											
10.30						Crawler 6-18		Baby	&PLAY		Walker 12-23			&PLAY 2		Crawler		Baby Dance	&PLAY 2		Walker 12-23					Jumper 24-35					Crawler 6-18					
10.30						mo		Dance 1-3 yrs			mo			<b>∠</b> 19-35		6-18 mo		1-3 yrs	19-35		mo					mo					mo					
11.00									19-35 mo					19-35 mo					19-35 mo								$\perp$									
11.00					SMART	Jumper			Baby	SMART OLOGY	Jumper			Baby	SMART	.		Baby		SMART OLOGY				Baby	SMART OLOGY	Jumper	.		Baby		Walker			Baby		
11.30	USA				OLOGY 4	24-35			Jam 6-18	OLOGY 4	24-35			Dance	OLOGY 4	Jumper 24-35		Jam 6-18		ULUGY 4				Dance		24-35			Dance		12-23			Jam _		
11.30	U4				4-5 yrs	mo			mo	4-5 yrs	mo			1-3 yrs	4-5 yrs	mo		mo		4-5 yrs				1-3 yrs	4-5 yrs	mo			1-3 yrs	5	mo			6-18 mo		
12.00 12.00																																	P-Ballet	$\rightarrow$		
12.30	USA				SMART OLOGY	Walker				SMART OLOGY				Baby	SMART OLOGY	Walker					Jumper 24-35				SMART OLOGY	Walker	.		Sports					Baby		
12.30					3	12-23 mo				3				Dance 1-3 yrs	OLOGY 3	12-23 mo					mo				3	12-23 mo			U3					Dance 1-3 yrs		
13.00	U5-7				3-4 yrs					3-4 yrs				. ,	3-4 yrs										3-4 yrs								3-5 yrs	1 0 313		
13.00						سما		Baby	Raby										Data							روا										
13.30	Walker 12-23			Baby Dance	Primary	USA		*	Baby Dance	Primary	Jumper 24-35				Primary	Jumper 24-35			Baby Dance	Primary					Primary	USA					Jumper 24-35			Move& Groove		
13.30	mo			1-3 yrs	5&6	U4			1-3 yrs	5&6	mo				5&6	mo			1-3 yrs	5&6					5&6	U4					mo			3-5 yrs		
14.00					5-7 yrs			2-3 yrs P-Ballet		5-7 yrs					5-7 yrs					5-7 yrs					5-7 yrs								Baby			
14.00 14.30	Jumper			Baby		USA		) butter			USA								Move&		USA					USA			Move&		USA			<b>L</b>		
14.30	24-35			Dance 1-3 yrs				*								USA		Elite	Groove 3-5 yrs										Groove	_			*			
15.00	mo			1-3 yi 3		U5-7		3-5 yrs			U4					U4			0 0 ,		U4					U5-7			3-5 yrs		U4		2-3 yrs	U5-9		
15.00	6/							Primary			۔ ما					la a		<b>L</b>			ب ما					ر ما	Elite				سوا		Primary			
15.30	USA			Move& Groove				*	Move& Groove			Move& Groove				USA	Stage Studio				USA	RockFi	t	Move8		USA					USA		*			
15.30	U5-7			3-5 yrs				\_7\	3-5 yrs			3-5 yrs				U4	U5-7	U5-9			U5-7	07-18		Groove 3-5 yrs	5	U8-18	U5-8				U5-7		7			
16.00								5+ yrs						U5-9				03-7									77			-			5+ yrs	$\rightarrow$		
16.00	USA	Stage				USA	Stage							-		USA							Trad.	Stage							USA					
16.30 16.30		Studio				U8-18	Studio				USA			50					RockFit U8-18			RockFit U5-7	Dance U7-18	Studio	-		-	H-Hop U7-18						$\rightarrow$		
17.00	U8-18	03-7				00-10	03-7				U5-7			U8-18		U5-7					U8-18		07-18	U5-7				0, 10			U8-18					
17.00						Elite		Elite			1					ء ما					Elite		Rock					Elite			Elite					
17.30	Parkour						K-Pop				USA	Dance Adult		RockFit		USA		Barre+	RockFit			K-Pop	Jam								١.					
17.30	7+ yrs					USA	U7-18	U5-7			U8-18			U5-7		U8-18		Adult 19+ yrs	U5-7		USA	U7-18	Adult								USA					
18.00						-		71				,									3		19+ yrs					N			-					
18.00																		Elite					Elite					U8-18								
18.30 18.30											Parkour 7+ yrs							<b>e</b>					The													
19.00											7 · yı3							-					l R													
19.00											Elite							-					1/)													
19.30											le_							U8-18					U5-18													
19.30 20.00											USA																				Ar.	र्शन -	I)	MAI		
20.00						-re		- rc												,										REGISTERNOW						
21.00	IND	EX: K	INDER	RGART	EN:	Prima	ry 5	Prir	mary 6			PRE	SCH0	_		&PLA	Y ]   L	EARN	&PLA	Y 2	SMAR	TOL0	GY3	SMA	<b>₹</b> TOL0	GY4										
			Jusa G	ymnas	tics	ြ Ch	eerlead	ding	櫡 Ball	et =	Con	tempor	ary Dar	nce 🏻 🏌	Broad	dway	<b>₹</b> D	ance	Tae	ekwon	do 📙	Elite	: up to	90 min	class											



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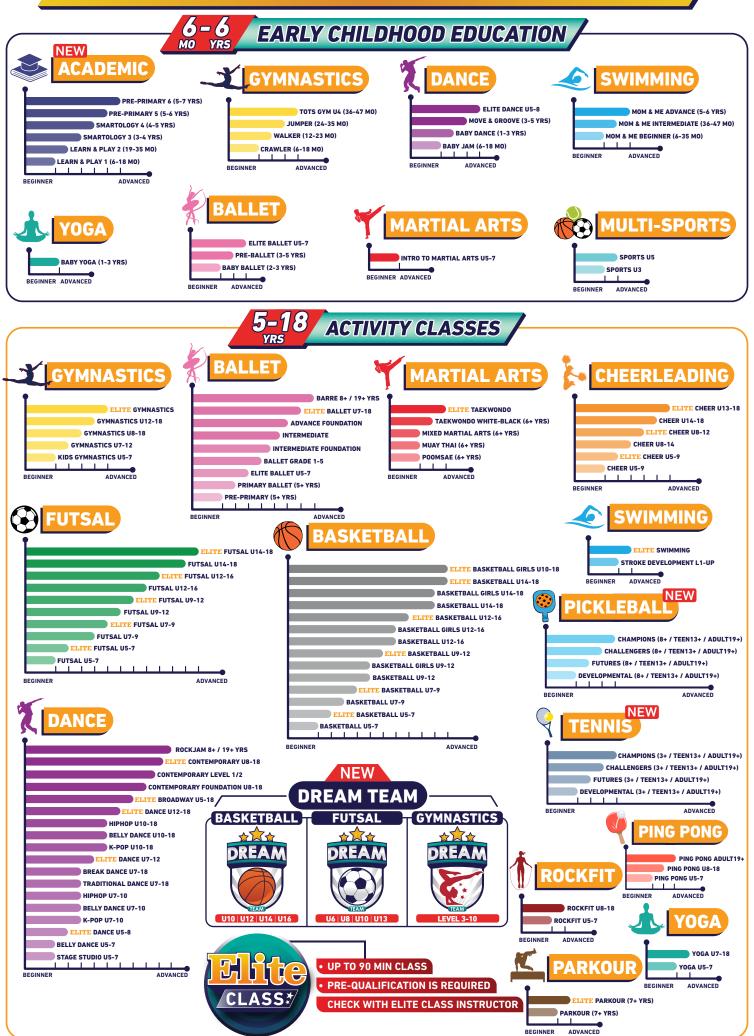
SCAN FOR E-SCHEDULE



Updated Nov 17<sup>th</sup>

		Mond	-		Tuesday				Wednesday Studio 5 Sports Tennis PingPong				Thursday						day			Satu	•		Sunday				
Time !	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis Pi	ingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	
08.30	5-50 O d				(DED	Eadi	MINIC	ADTO	.														<b>(</b>						
08.30	)				PERFORMING ARTS																	7							
09.00 09.00	ש קו	ע עף	<u> </u>	(분)	BASKETBALL QFUTSAL																		Adult19+						
09.30	СП	MPIO	MCHID	c x	Freschool & KINDERGARTEN GIMNASTICS PICKLEBALL®																		MATCH	1					
09.30	<u>/СПА</u>	AWIPIU	МЭПІР	0.53	GMN	AST/C	S PICKL	LEBALL	<b>9</b>														PLAY						
10.00 10.00																													
10.30																													
10.30 11.00											Adult19+				Adult19+														
11.00											& -				&														
11.30											LADDER				LADDER							NEW							
11.30 12.00											PLAY				PLAY							Elite							
12.00																						1							
12.30 12.30					Sports U3				Sports U3				Sports U3													T77.			
13.00																						U7-12				Elite			
13.00			9				9												G		Martial	Æ				1	6		
13.30 13.30			A				7			Elite			Sports U4/5				Sports U3		Y		Arts		1			•	Y		
14.00			3-7 yrs				3-7 yrs						04/3						3-7 yrs		4-7 yrs	U5-7	3-7 yrs	<u> </u>		U9-16	3-7 yrs		
14.00	Sports				Sports									AS							Tkd.								
14.30 14.30	Sports U4/5	<b>(3)</b>			U4/5					115-7	1			115.7	7			_			[] - <b>I</b> 6+ yrs			1	Sports U3	<b>3</b>			
15.00		U5-7				U5-7				00 /	3-7 yrs			U5-7	3-7 yrs			U5-7			0.,.0	U8-18		U8-18		U5-7	U9-18		
15.00 15.30	Sports				Muay Thai					AFO.			Muay Thai	<b>③</b>				<b>3</b>	9		Muay	3				3			
15.30	U3	_			Thai 6+yrs	115 7	\ \ \	7			Y		6+yrs	115 7	1	7		115 5	1		Thai 6+yrs	U5-7		7		110 10	1		
16.00 16.00		U5-7			·		3-7 yrs	U5-7			8-18 yrs			03-7	8-18 yrs	U5-7		05-7	8-18 yrs				U9-18	U5-7		00-10	8-18 yrs		
16.30		<b>3</b>			Martial	1			Sports U4/5	3			Martial Arts	AC			Sports U4/5	1				$\odot$				AS 1			
16.30		U8-18			Arts 4-7 yrs	118-18	8-18 yrs		U4/5	U8-18			Arts 4-7 yrs	110.10	2 7	10	Ú4/5	_				U8-18				U8-18	Adult19+		
17.00 17.00		-					8-18 yrs			00-10				U8-18	3-7 yrs	08-18		U8-18				Elite		Adult19+		00 10	& &		
17.30 17.30					Tkd.	<b>③</b>				1			Tkd.	$\odot$										LADDER		1	LADDER		
17.30 18.00			U9-18		6+ yrs	U8-18				U8-18	U9-18		6+ yrs	U8-18	U9-18			U8-18	U9-18				Adult19+	PLAY		U5-7	PLAY		
18.00		Elite		l	NEW	Elite				æ				Elite				Elite				U5-12	&						
18.30 18.30			<u> </u>		Tkd.	<b>(</b>	👺				<u> </u>			\$									LADDER						
19.00			Adult19+		6+ yrs		U9-18			Girls U7-18	Adult19+				Adult19+			3	Adult19+				PLAY						
19.00		U7-18	&			U9-16					&			U7-12	&	(2)		U7-18	&										
19.30 19.30			LADDER PLLAY			07 10					LADDER PLAY				LADDER			0, 10	LADDER PLAY					-					
20.00		Į	اللختار												PLAY	Adult19+		MO				Adult19+							
20.00																& L'ADDER		Adult19+				& 							
20.30																PLAY		&				MATCH Play							
21.00																للحص		MATCH						DE	as	<b>III = ?</b>	MO		
21.00						1.6		1 (2)								<u>ا</u> ا	PLAY						اكتما		الاستان				
21.30	INDEX	(: MS	Baske	tball (	🗿 Fut	sal 🛚	💡 Tenn	is   🥨	Pickleball Ping Pong			Eli	te:up	to 90 mi	n class														

## **NEW PROGRAM CLASSIFICATION & PROGRESSION**





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

## Winter Term Schedule 20<sup>th</sup> Oct 2025 until 18<sup>th</sup> Jan 2026

SCAN FOR E-SCHEDULE



Adult19+ Only

		Mon				Tue	-		Wednesday					Thur					day			Satu	-		Sunday			
Time 08.00	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 09.00																							Adult19+					
07.00																							MATCH Play					
09.30																i							PLAY					
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10.30																												
10.30											Adult19+				Adult19+													
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11.30											LADDER				LADDER													
11.30 12.00											PLAY				PLAY	1												
12.00																												
12.30 12.30		ADUI	<b>5730</b> :	⊾ 60 n	nin of E	Prills an	d Techr	nique tro	aining, 1	followe	d																	
13.00		SPORTS (	CLASSES	by L	adder l			•	0,,																			
13.00		LADDE		n Fast	-paced	1 60-mi	nute m	atch pla	v wher	e the																		
13.30 13.30		PLAN	7					es up/d																				
14.00		MATCL	7	Long	aar ma	tch play	whara	the win	ning/lo	sing to	am																	
14.00	4	PLAY	ע 👺					er. Bring				e.																
14.30 14.30		MATCH	7	60.4	/limuto	matab i	lau e fa a	uoina o	n Taabi	nieuro e	n ol	-																
15.00	<u> </u>	PLAY	n (200	9 Tear	nınute i mwork	- ideal	nay joc prep foi	using o	n recni kt Elite (	iique,ai Champi	na ionship	s																
15.00 15.30				/				/																				
15.30 16.00		R	ockJai			y fusio worko		nce fitne	ess and	l Pound	Fit for																	
16.00		0		A ba	ıllet-ins	spired f	itness c	lass the	at blend	ls stren	gth,																<u></u>	
16.30 16.30		<b>—</b> •	arre+			ind gra					•																	
17.00																								Adult19+			Adult19+	
17.00									Dance				Barre+				Rock							& L'ADDER			& L'ADDER	
17.30 17.30									Adult19+				Adult19+				Jam							PLAY				
18.00 18.00			_								_				_		Adult19+						Adult19+					
18.30																							LADDER					
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19.00 19.00			Adult19+								Adult19+				Adult19+				Adult19+									
19.30			LADDER								LADDER				LADDER				LADDER			3						
19.30			PLAY	1							PLAY				PLAY	Adultago		#	PLAY			Adult19+						
20.00																Adult19+ &		1				Adult 19+						
20.30																LADDER		Adult19+				MATCH						
20.30 21.00																PLAY		& Match				PLAY						
21.00																		PLAY										
21.30	INDE	x. 65	Baske	etball	Fı	ıtsal   (	Tenr	nis   🔞	Pickle	eball	<b>Pi</b>	ng Pong						النائتانا										

## **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