



PESONA SQUARE

+6221 3970 3939

Winter Term Schedule
19th Oct 2026 until 17th Jan 2027

SCAN FOR
E-SCHEDULE



	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
Time	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	Enjoy FREE PLAY! Available in Sports Court whenever there are no classes or Private Instructions scheduled!																											
08.30																												
08.30																												
09.00																												
09.00																												
09.30																												
09.30																												
10.00																												
10.00																												
10.30																												
10.30																												
11.00																												
11.00																												
11.30																												
11.30																												
12.00																												
12.00																												
12.30																												
12.30																												
13.00																												
13.00																												
13.30																												
13.30																												
14.00																												
14.00																												
14.30																												
14.30																												
15.00																												
15.00																												
15.30																												
15.30																												
16.00																												
16.00																												
16.30																												
16.30																												
17.00																												
17.00																												
17.30																												
17.30																												
18.00																												
18.00																												
18.30																												
18.30																												
19.00																												
19.00																												
19.30																												
19.30																												
20.00																												
20.00																												
20.30																												
20.30																												
21.00																												
21.00																												
21.30																												

INDEX: Basketball Futsal Tennis Pickleball Ping Pong **Elite** : up to 90 min class

PERFORMING ARTS
Preschool & KINDERGARTEN
BASKETBALL
FUTSAL
ADULT19+

Elite
CHAMPIONSHIPS

GIMNASTICS
BABY GYM
PARKOUR
TENNIS
PINGPONG
PICKLEBALL



PESONA SQUARE
☎ +6221 3970 3939

Winter Term Schedule
19th Oct 2026 until 17th Jan 2027

**SCAN FOR
E-SCHEDULE**



Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
	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	3	4
08.00																																			
08.30																																			
08.30																																			
09.00																																			
09.00																																			
09.30																																			
09.30																																			
10.00																																			
10.00																																			
10.30																																			
10.30																																			
11.00																																			
11.30																																			
11.30																																			
12.00																																			
12.00																																			
12.30																																			
12.30																																			
13.00																																			
13.00																																			
13.30																																			
13.30																																			
14.00																																			
14.00																																			
14.30																																			
14.30																																			
15.00																																			
15.00																																			
15.30																																			
15.30																																			
16.00																																			
16.00																																			
16.30																																			
16.30																																			
17.00																																			
17.00																																			
17.30																																			
17.30																																			
18.00																																			
18.00																																			
18.30																																			
18.30																																			
19.00																																			
19.00																																			
19.30																																			
19.30																																			
20.00																																			
20.00																																			
20.30																																			
20.30																																			
21.00																																			

PERFORMING ARTS
Preschool & Kindergarten
Basketball
Futsal
ADULT 19+
Elite
CHAMPIONSHIPS
GYMNASTICS
BABY GYM
PARKOUR
TENNIS
FANGPONG
PICKLEBALL

INDEX:
Gymnastics
Cheerleading
Ballet
Contemporary Dance
Broadway
Dance
Taekwondo
Elite : up to 90 min class

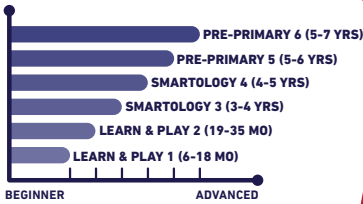
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

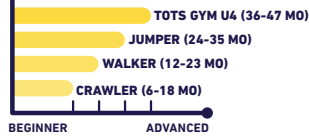
EARLY CHILDHOOD EDUCATION

NEW!

ACADEMIC



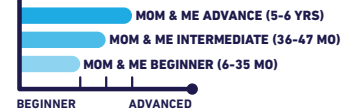
GYMNASTICS



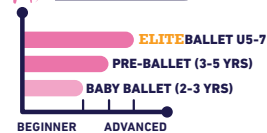
DANCE



SWIMMING

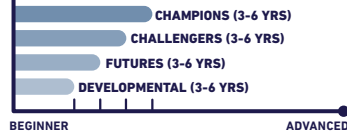


BALLET



NEW!

TENNIS



MARTIAL ARTS



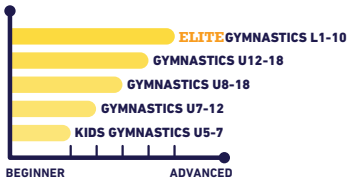
MULTI-SPORTS



5-18
YRS

ACTIVITY CLASSES

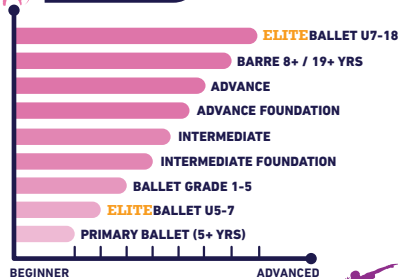
GYMNASTICS



SWIMMING



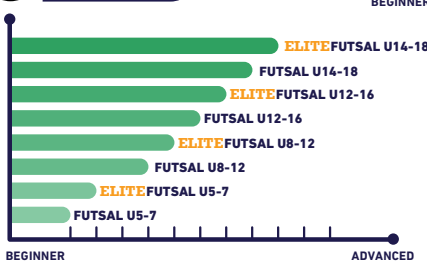
BALLET



CHEERLEADING



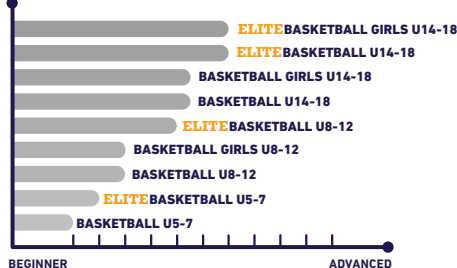
FUTSAL



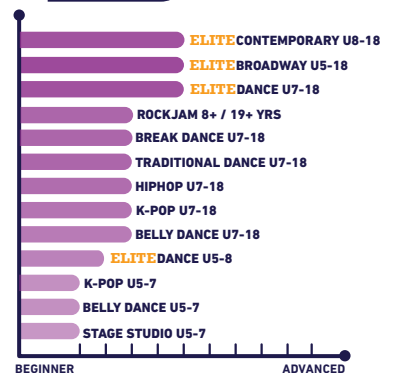
PARKOUR



BASKETBALL

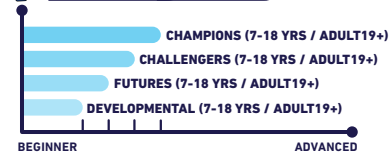


DANCE



NEW!

PICKLEBALL



NEW

DREAM TEAM

BASKETBALL



U10 | U12 | U14 | U16

FUTSAL



U6 | U8 | U10 | U13

GYMNASTICS



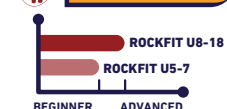
LEVEL 3-10

NEW!

PING PONG



ROCKFIT



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



MARTIAL ARTS



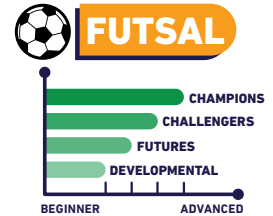
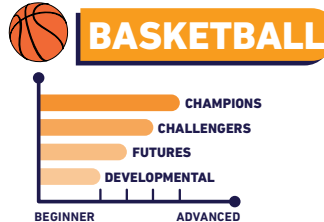
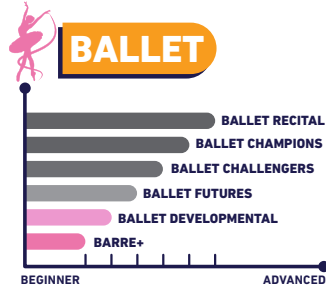
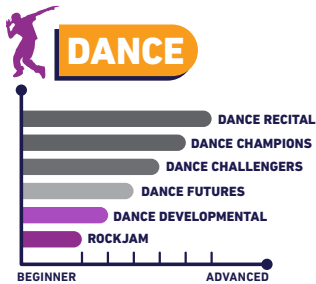
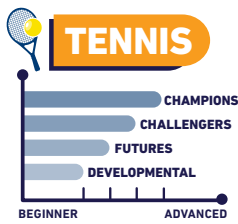
NEW!

TENNIS



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.