



AEON MALL BSD
☎ +6221 3971 3777

Fall Term Schedule
Jul 22nd until Oct 20th 2024

SCAN FOR E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday										
	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3			
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21.00																																			



INDEX:

PRESCHOOL : LEARN & PLAY 1	LEARN & PLAY 2	SMARTOLOGY 3	SMARTOLOGY 4	KINDERGARTEN : Primary 5		Primary 6
Elite : up to 90 min class						

FOR PRESCHOOL & KINDERGARTEN CLASSES ARE AN ADDITIONAL FEE. PLEASE CONTACT STUDENT ADVISOR!

NEW PROGRAM CLASSIFICATION & PROGRESSION

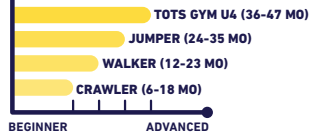
6-6
MO YRS

EARLY CHILDHOOD EDUCATION

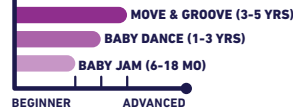
NEW ACADEMIC



GYMNASTICS



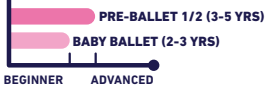
DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



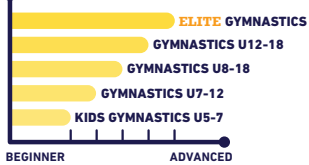
MULTI-SPORTS



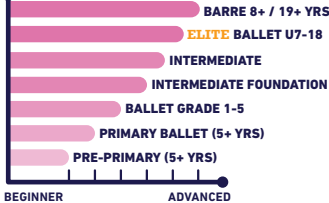
5-18
YRS

ACTIVITY CLASSES

GYMNASTICS



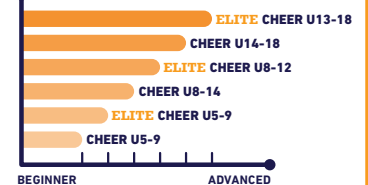
BALLET



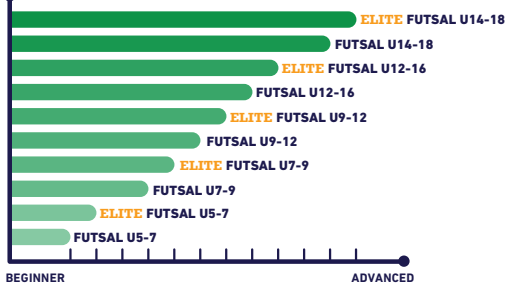
MARTIAL ARTS



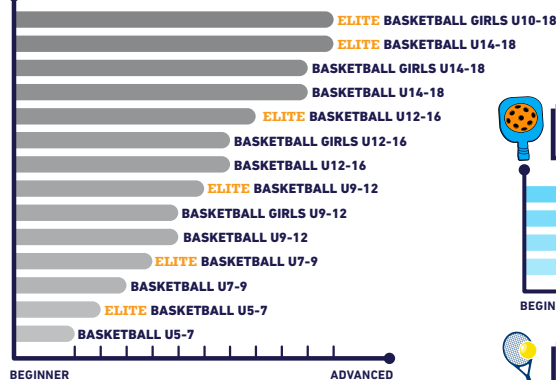
CHEERLEADING



FUTSAL



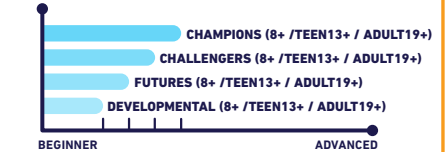
BASKETBALL



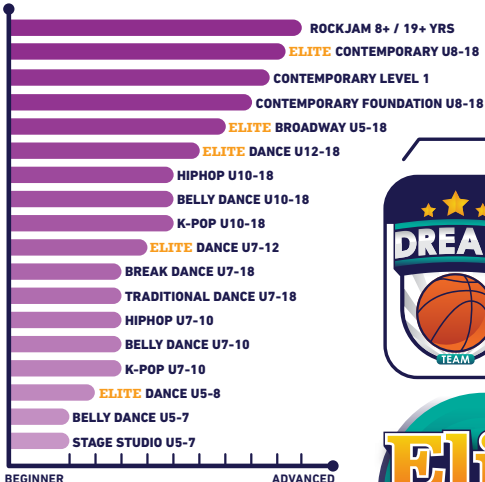
SWIMMING



PICKLEBALL



DANCE



NEW DREAM TEAM

BASKETBALL

BASKETBALL U10
BASKETBALL U12
BASKETBALL U14
BASKETBALL U16

FUTSAL

FUTSAL U6
FUTSAL U8
FUTSAL U10
FUTSAL U13

TENNIS



PARKOUR

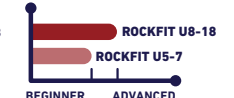


- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED
- CHECK WITH ELITE CLASS INSTRUCTOR

YOGA



ROCKFIT





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Fall Term Schedule
 Jul 22nd until Oct 20th 2024

**SCAN FOR
 E-SCHEDULE**



Time	Monday		Tuesday		Wednesday		Thursday		Time	Friday		Saturday		Sunday		
	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB		Sports 1	Tennis & PB	Sports 1	Tennis & PB	Sports 1	Tennis & PB	
09.00	<div style="border: 2px solid black; padding: 5px;"> <p style="color: red; font-weight: bold; text-align: center;">ENJOY FREE PLAY!</p> <p style="text-align: center;">Play with your friends whenever there are no classes scheduled!</p> </div>								09.00							
09.30										09.30						
10.00										10.00						
10.30					Sports U3	Adult19+		Adult19+		Adult19+		Adult19+		Adult19+		
11.00																
11.30																
12.00									12.00							
12.30			Sports U3		Sports U3				12.30	Sports U3						
13.00									13.00							
13.30	Sports U4/5	3-7 yrs		3-7 yrs	Elite				13.30	Sports U4/5	3-7 yrs	U5-7	3-7 yrs	Elite U5-7	3-7 yrs	
14.00									14.00							
14.30	U5-7		U5-7		U5-7	3-7 yrs	U5-7	3-7 yrs	14.30		8-12 yrs	U9-18	8-12 yrs	U5-7	U9-18	
15.00									15.00							
15.30	U8-16		U5-7	3-7 yrs	U5-7	8-12 yrs	U5-7	8-12 yrs	15.30	U5-7		U5-7	U9-18	U8-16	8-12 yrs	
16.00									16.00	U5-7		U5-7		U8-16	8-12 yrs	
16.30	U5-7	U9-18	U9-18	8-12 yrs	U8-16	Teen13+	U9-18	Teen13+	16.30	U5-7		U8-16		U9-18	Adult19+	
17.00									17.00							
17.30	U9-18		U7-16	Teen13+	U9-18	U9-18	U7-16		17.30	U9-18	U9-18	Elite	Adult19+	U5-7		
18.00									18.00							
18.30	Elite	Adult19+	Elite	U9-18	Elite		Elite		18.30	Elite	Adult19+	Elite		Elite		
19.00	U5-7		U7-16	Adult19+	U9-18		U7-16	Adult19+	19.00	U7-16		Elite		U5-7		
19.30									19.30			U9-18				
20.00									20.00							
20.30									20.30							
21.00									21.00							
22.00									22.00							

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

ENJOY FREE PLAY!

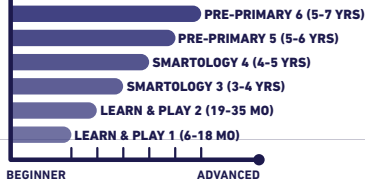
Play with your friends whenever there are no classes scheduled!

NEW PROGRAM CLASSIFICATION & PROGRESSION

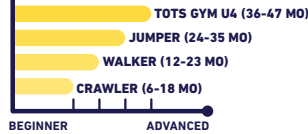
6-6
MO YRS

EARLY CHILDHOOD EDUCATION

NEW ACADEMIC



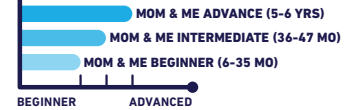
GYMNASTICS



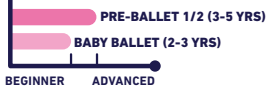
DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



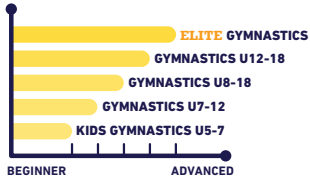
MULTI-SPORTS



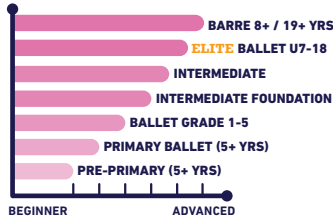
5-18
YRS

ACTIVITY CLASSES

GYMNASTICS



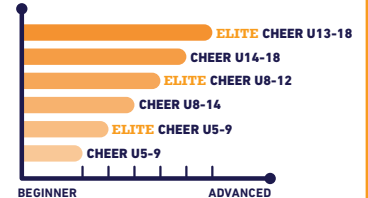
BALLET



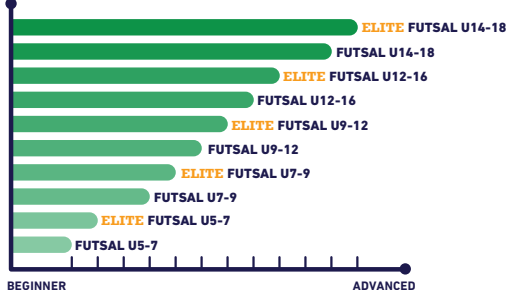
MARTIAL ARTS



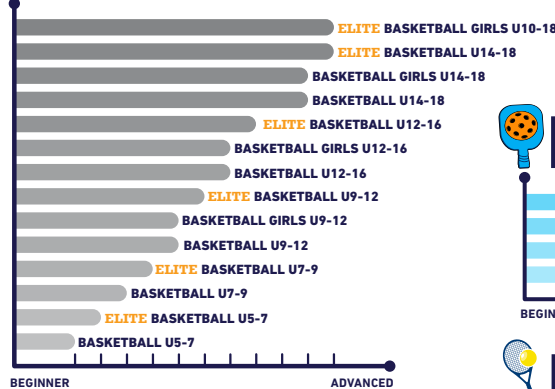
CHEERLEADING



FUTSAL



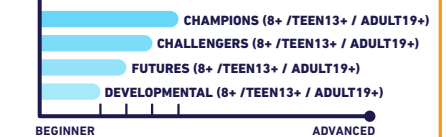
BASKETBALL



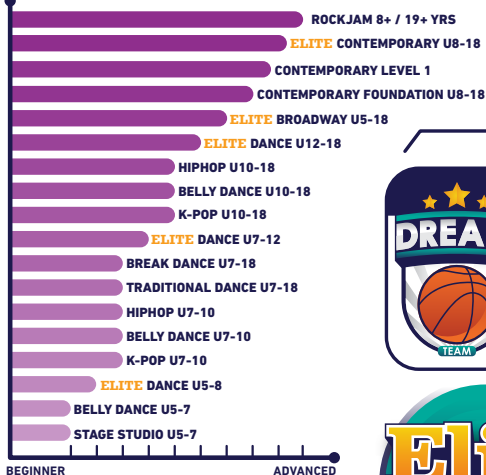
SWIMMING



PICKLEBALL



DANCE



NEW DREAM TEAM

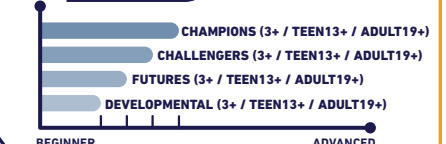
BASKETBALL

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- BASKETBALL U14
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FUTSAL

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TENNIS



PARKOUR

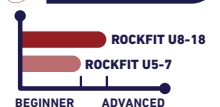


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ROCKFIT





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Adult 19+ Only

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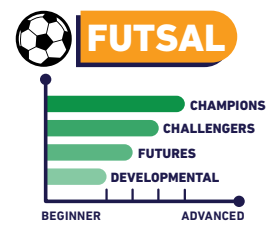
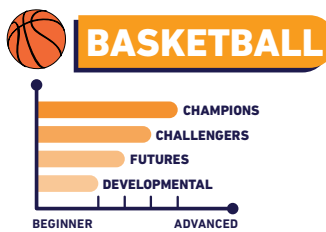
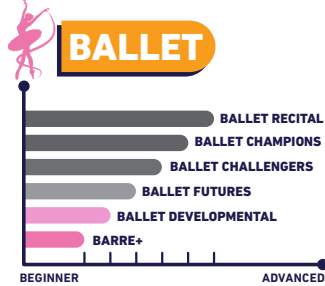
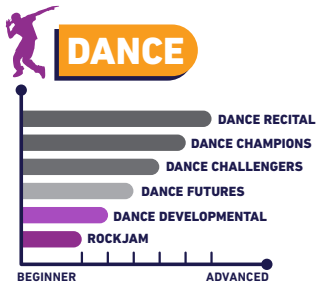
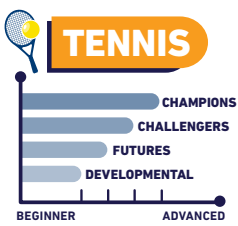
Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	Studio	Tennis & PB	
09.00	<div style="border: 2px solid black; padding: 5px;"> <p>ENJOY FREE PLAY! Play with your friends whenever there are no classes scheduled!</p> </div>														
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22.00															

INDEX: Tennis | Pickleball

ENJOY FREE PLAY!
 Play with your friends whenever there are no classes scheduled!

NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT19+



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 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.
- 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.