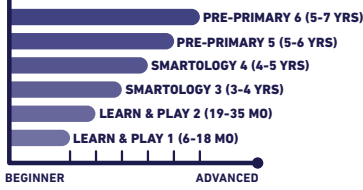


NEW PROGRAM CLASSIFICATION & PROGRESSION

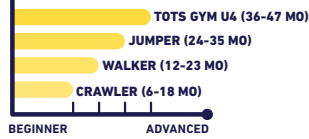
6-6
MO YRS

EARLY CHILDHOOD EDUCATION

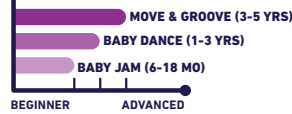
NEW ACADEMIC



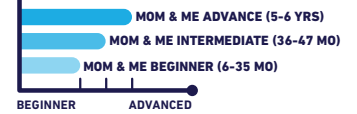
GYMNASTICS



DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



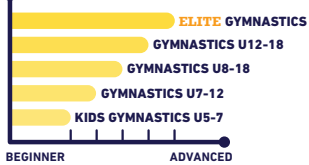
MULTI-SPORTS



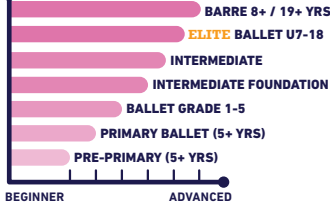
5-18
YRS

ACTIVITY CLASSES

GYMNASTICS



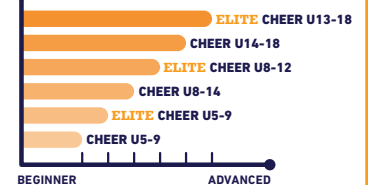
BALLET



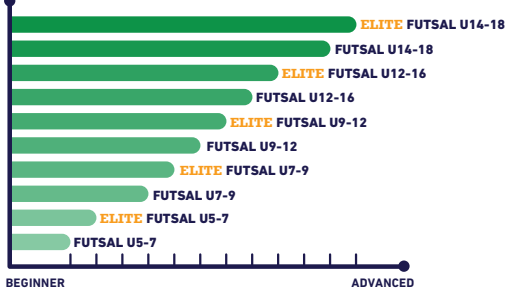
MARTIAL ARTS



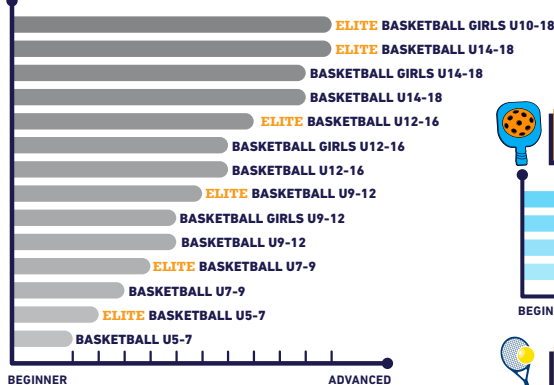
CHEERLEADING



FUTSAL



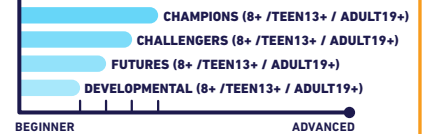
BASKETBALL



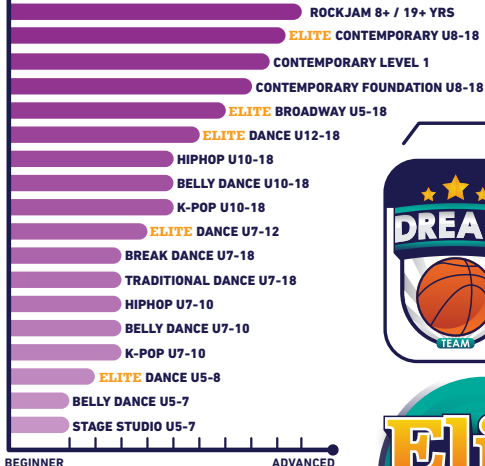
SWIMMING



PICKLEBALL



DANCE



NEW DREAM TEAM

BASKETBALL

- BASKETBALL U10
- BASKETBALL U12
- BASKETBALL U14
- BASKETBALL U16

FUTSAL

- FUTSAL U6
- FUTSAL U8
- FUTSAL U10
- FUTSAL U13

PARKOUR



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

YOGA



ROCKFIT





AEON MALL BSD
 ☎ +6221 3971 3777

Fall Term Schedule
 Jul 22nd until Oct 20th 2024
 Updated Aug 19th

**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 | ENJOY FREE PLAY! Play with your friends whenever there are no classes scheduled! | | | | | | | | 09.00 | | | | | | | |
| 09.30 | | | | | | | | | | 09.30 | | | | | | |
| 10.00 | | | | | | | | | | 10.00 | | | | | | |
| 10.30 | | | | | Sports U3 | Adult19+ | | Adult19+ | | Adult19+ | | Adult19+ | | Adult19+ | | |
| 11.00 | | | | | | | | | | | | | | | | |
| 11.30 | | | | | | | | | Sports U3 | | | | | | | |
| 12.00 | | | | | | | | | | | | | | | | |
| 12.30 | | | Sports U3 | | Sports U3 | | | | | Sports U3 | | | | | | |
| 13.00 | | | | | | | | | | | | | | | | |
| 13.30 | Sports U4/5 | 3-7 yrs | | 3-7 yrs | Elite | | | | | Sports U4/5 | 3-7 yrs | U5-7 | 3-7 yrs | Elite | | |
| 13.30 | | | | | | | | | | | | | | | | |
| 14.00 | U5-7 | | U5-7 | | U5-7 | 3-7 yrs | U5-7 | 3-7 yrs | | | 8-12 yrs | U9-18 | 8-12 yrs | U5-7 | U9-18 | |
| 14.30 | | | | | | | | | | | | | | | | |
| 15.00 | U8-16 | | U5-7 | 3-7 yrs | U5-7 | 8-12 yrs | U5-7 | 8-12 yrs | | U5-7 | | U5-7 | U9-18 | U8-16 | 8-12 yrs | |
| 15.30 | | | | | | | | | | | | | | | | |
| 16.00 | U5-7 | U9-18 | U9-18 | 8-12 yrs | U8-16 | Teen13+ | U9-18 | Teen13+ | | U5-7 | | U8-16 | | U9-18 | Adult19+ | |
| 16.30 | | | | | | | | | | | | | | | | |
| 17.00 | U9-18 | | U7-16 | Teen13+ | U9-18 | U9-18 | U7-16 | Adult19+ | | U9-18 | U9-18 | Elite | Adult19+ | U5-7 | | |
| 17.30 | | | | | | | | | | | | | | | | |
| 18.00 | Elite | Adult19+ | Elite | U9-18 | Elite | | Elite | | | Elite | Adult19+ | U5-9 | | Elite | | |
| 18.30 | | | | | | | | | | | | | | | | |
| 19.00 | U5-7 | | U7-16 | Adult19+ | U9-18 | | U7-16 | | | U7-16 | | Elite | | U5-7 | | |
| 19.30 | | | | | | | | | | | | | | | | |
| 19.30 | | | | Adult19+ | | | | | | | | U9-18 | | | | |
| 20.00 | | | | | | | | | | | | | | | | |
| 20.30 | | | | | | | | | | | | | | | | |
| 21.00 | | | | | | | | | | | | | | | | |
| 21.00 | | | | | | | | | | | | | | | | |
| 22.00 | | | | | | | | | | | | | | | | |

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

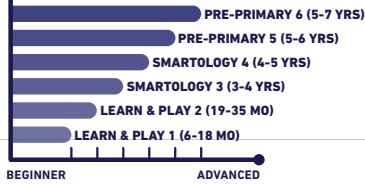
ENJOY FREE PLAY!
 Play with your friends whenever there are no classes scheduled!

NEW PROGRAM CLASSIFICATION & PROGRESSION

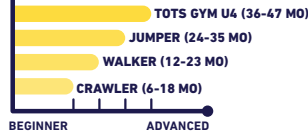
6-6
MO YRS

EARLY CHILDHOOD EDUCATION

NEW ACADEMIC



GYMNASTICS



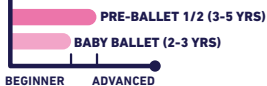
DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



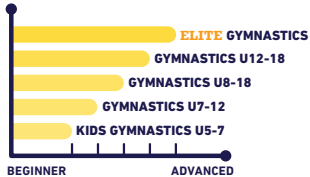
MULTI-SPORTS



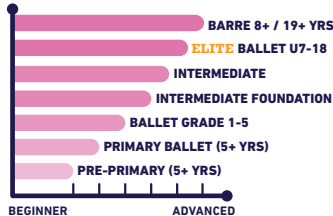
5-18
YRS

ACTIVITY CLASSES

GYMNASTICS



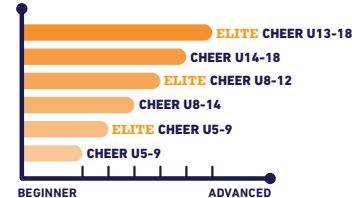
BALLET



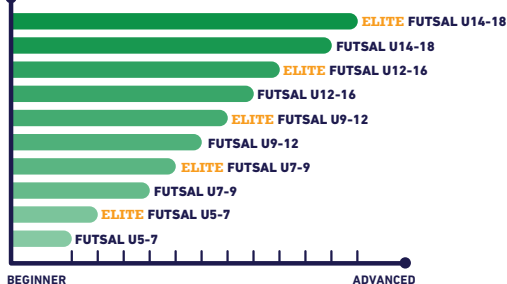
MARTIAL ARTS



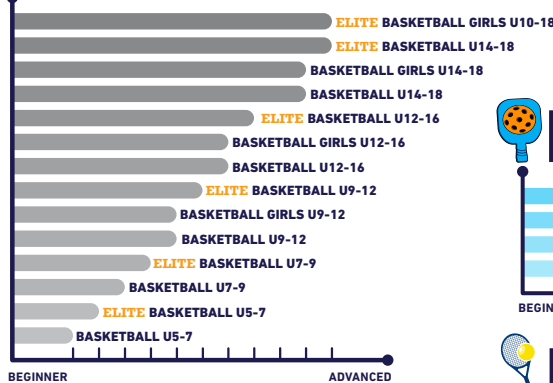
CHEERLEADING



FUTSAL



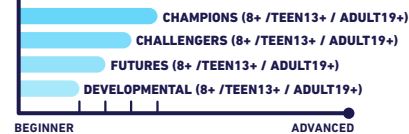
BASKETBALL



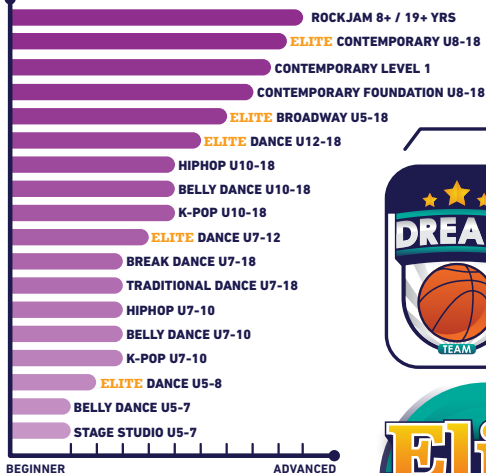
SWIMMING



PICKLEBALL



DANCE



NEW DREAM TEAM

BASKETBALL

- BASKETBALL U10
- BASKETBALL U12
- BASKETBALL U14
- BASKETBALL U16

FUTSAL

- FUTSAL U6
- FUTSAL U8
- FUTSAL U10
- FUTSAL U13

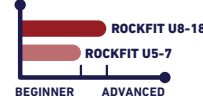
PARKOUR



YOGA



ROCKFIT



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



AEON MALL BSD
 ☎ +6221 3971 3777

Fall Term Schedule
 Jul 22nd until Oct 20th 2024
Adult 19+ Only

**SCAN FOR
 E-SCHEDULE**



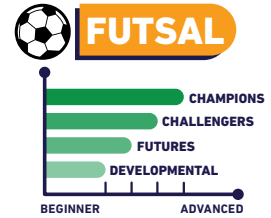
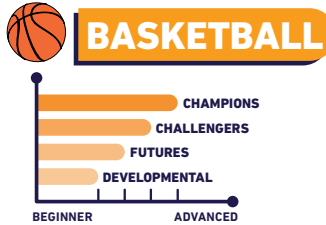
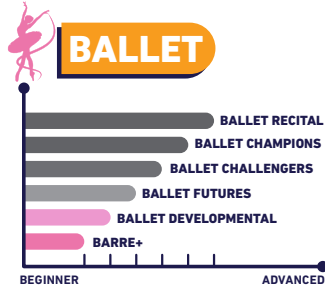
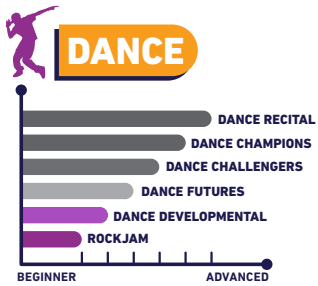
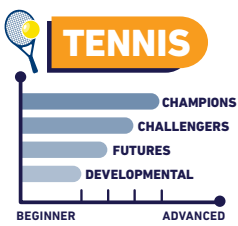
| Time | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | | |
|-------|---|-------------|---------|-------------|-----------|-------------|----------|-------------|--------|-------------|----------|-------------|--------|-------------|--|
| | Studio | Tennis & PB | Studio | 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> | | | | | | | | | | | | | | |
| 09.30 | | | | | | | | | | | | | | | |
| 10.00 | | | | | | | | | | | | | | | |
| 10.30 | | | | | | | | | | | | | | | |
| 11.00 | | | | | | | | | | | | | | | |
| 11.30 | | | | | | | | | | | | | | | |
| 12.00 | | | | | | | | | | | | | | | |
| 12.30 | | | | | | | | | | | | | | | |
| 13.00 | | | | | | | | | | | | | | | |
| 13.30 | | | | | | | | | | | | | | | |
| 14.00 | | | | | | | | | | | | | | | |
| 14.30 | | | | | | | | | | | | | | | |
| 15.00 | | | | | | | | | | | | | | | |
| 15.30 | | | | | | | | | | | | | | | |
| 16.00 | | | | | | | | | | | | | | | |
| 16.30 | | | | | | | | | | | | | | | |
| 17.00 | | | | | | | | | | | | | | | |
| 17.30 | | | | | | | | | | | | | | | |
| 18.00 | | | | | | | | | | | | | | | |
| 18.30 | | | | | | | | | | | | | | | |
| 19.00 | | | | | | | | | | | | | | | |
| 19.30 | | | | | | | | | | | | | | | |
| 20.00 | | | | | | | | | | | | | | | |
| 20.30 | | | | | | | | | | | | | | | |
| 21.00 | | | | | | | | | | | | | | | |
| 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.