



AEON MALL BSD
+6221 3971 3777

Spring Term Schedule
Jan 20th until Apr 20th 2025

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	
08.00																													
08.30																													
08.30																													
09.00																													
09.00																													
09.30																													
09.30																													
10.00																													
10.00																													
10.30	Jumper				Crawler	Baby			Walker	Baby			Crawler	Baby			Jumper	Baby			Jumper	Baby			Crawler				
10.30	24-35 mo				6-18 mo	Dance			12-23 mo	Dance			6-18 mo	Dance			24-35 mo	Dance			24-35 mo	Dance			6-18 mo				
11.00																													
11.00																													
11.30																													
11.30	USA	Baby			Jumper	Baby			USA	Baby			Jumper	Baby			USA	Baby			USA	Baby			USA	Walker		Baby	
12.00	U4	Dance			24-35 mo	Dance			U4	Dance			24-35 mo	Dance			12-23 mo	Dance			12-23 mo	Dance			12-23 mo		Dance	6-18 mo	
12.00																													
12.30																													
12.30	USA				Walker	Baby			USA				Walker	Baby			USA				USA								
13.00	U5-7				12-23 mo	2-3 yrs			U5-7				12-23 mo	2-3 yrs			U4/5				U4								
13.00																													
13.30	Walker	Baby			Jumper	Baby			Walker	Baby			Jumper	Baby			Jumper	Baby			USA	Sports							
13.30	12-23 mo	Dance			24-35 mo	Dance			12-23 mo	Dance			24-35 mo	Dance			24-35 mo	Dance			U4	Sports							
14.00																													
14.00	Jumper	Move&							Jumper	Martial			Jumper	Martial			Move&				USA	Muay							
14.30	24-35 mo	Groove							24-35 mo	Arts			24-35 mo	Arts			Groove				U5-7	Thai							
15.00																													
15.00	USA	Martial			USA				USA	Muay			USA	Sports			USA	Move&			USA	Stage							
15.30	U4	Arts			U5-7				U4	Thai			U4	U4/5			U5-7	Groove			U8-18	Studio							
15.30																													
16.00																													
16.30	USA	Muay			USA				USA	RockFit			USA	Martial			USA	Stage			USA	Martial							
16.30	U5-7	Thai			U8-18				U5-7	U7-18			U5-7	4-7 yrs			U8-18	Studio			U8-18	Arts							
17.00																													
17.00	USA	Tkd.							USA	Tkd.			USA	Muay			USA	Elite			USA	H-Hop							
17.30	U8-18	U6+							U8-18	U6+			U8-18	U6+			U8-18	U5-8			U8-18	U7-18							
18.00																													
18.00	Elite																												
18.30																													
18.30	USA	Tkd.							USA	Tkd.			USA	Tkd.			USA	Elite			USA	Elite							
19.00																													
19.00	USA	U6+																											
19.30																													
19.30																													
20.00																													
20.00																													
20.30																													
20.30																													
21.00																													

NEW! **Elite**
CHAMPIONSHIPS
ADULT 19+

REGISTRATION OPENS
1ST APRIL 2025

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

INDEX:

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



AEON MALL BSD
 ☎ +6221 3971 3777

Spring Term Schedule
 Jan 20th until Apr 20th 2025

**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									09.00	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>ENJOY FREE PLAY! Available in Sports Court whenever there are no classes or Private Instructions scheduled!</p> </div>											
09.30								09.30													
10.00								10.00													
10.30			Sports U3	Adult19+				Adult19+											Adult19+		
11.00								11.00													
11.30								11.30													
12.00								12.00													
12.30			Sports U3		Sports U3			12.30	Sports U3												
13.00								13.00						Elite							
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	U5-7	3-7 yrs							
14.00	U5-7		U5-7		U5-7		U5-7	3-7 yrs			U9-18	8-18 yrs	U5-7	U9-18							
14.30								14.30													
15.00	U8-16		U5-7	3-7 yrs	U5-7	3-7 yrs	U5-7	8-18 yrs		U5-7	8-18 yrs	U5-7	U9-18	U8-16							
16.00	U5-7	U9-18	U9-18	8-18 yrs	U8-16	8-18 yrs	U9-18			U5-7		U8-16	Adult19+	U9-18	Adult19+						
16.30								16.30													
17.00	U9-18		U7-16		U9-18	U9-18	U7-16			U9-18	U9-18	Elite		U5-7	LADDER Adult19+ PLAY						
17.30								17.30													
18.00	Elite		Elite	U9-18	Elite		Elite			Elite		U5-9		Elite							
18.30	U5-7		U9-16		U9-18		U7-16			U9-16		Elite		U5-7							
19.00		Adult19+						19.00		Adult19+											
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



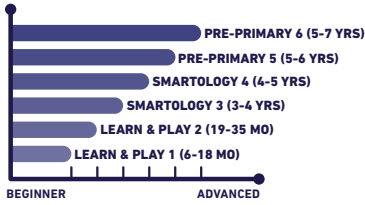
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

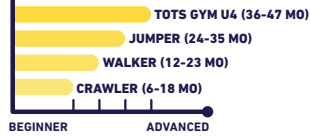
EARLY CHILDHOOD EDUCATION



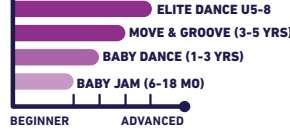
NEW ACADEMIC



GYMNASTICS



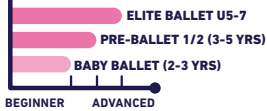
DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



MULTI-SPORTS

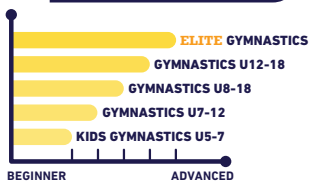


5-18
YRS

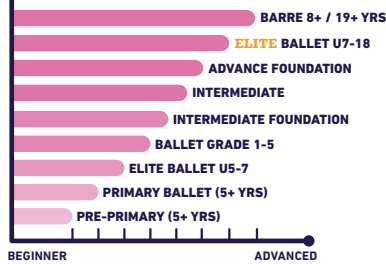
ACTIVITY CLASSES



GYMNASTICS



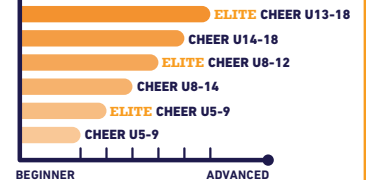
BALLET



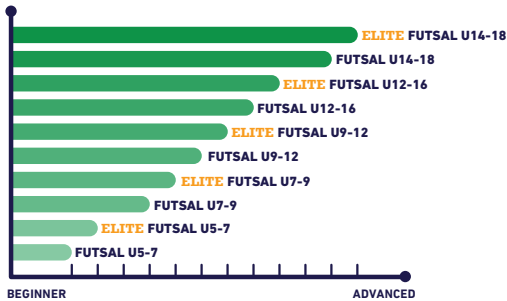
MARTIAL ARTS



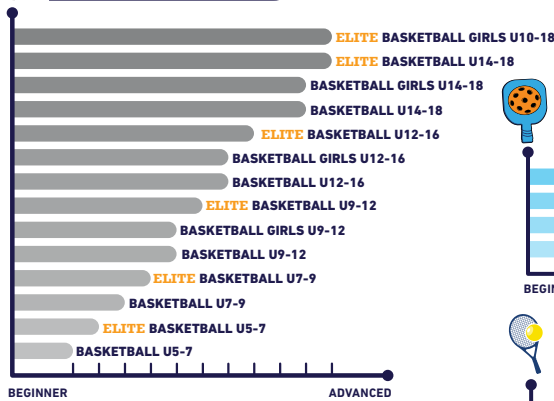
CHEERLEADING



FUTSAL



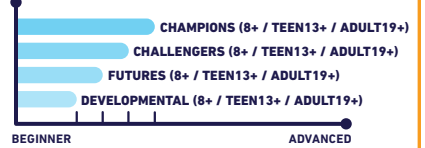
BASKETBALL



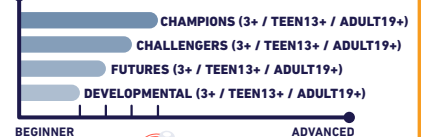
SWIMMING



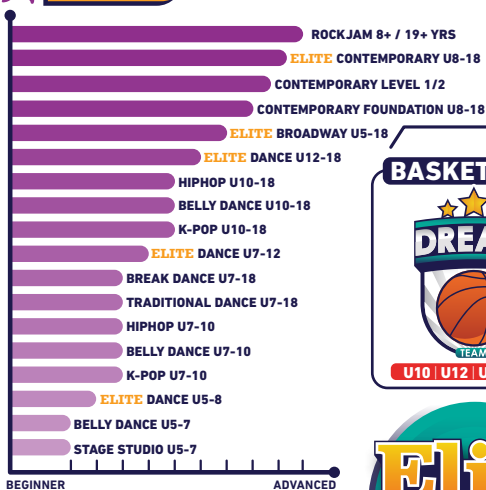
PICKLEBALL



TENNIS



DANCE



NEW

DREAM TEAM

BASKETBALL



FUTSAL



GYMNASTICS



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



ROCKFIT



PING PONG



YOGA



PARKOUR





AEON MALL BSD
 ☎ +6221 3971 3777

Spring Term Schedule
 Jan 20th until Apr 20th 2025
Adult 19+ Only

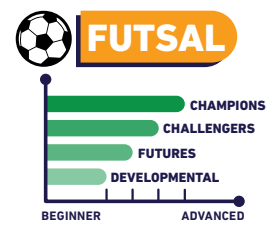
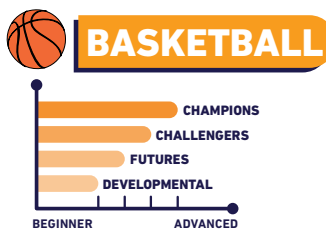
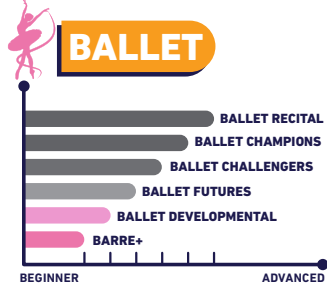
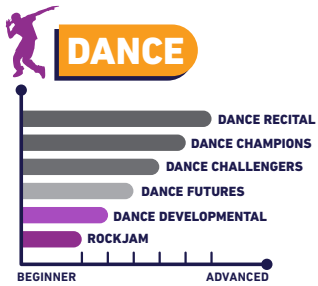
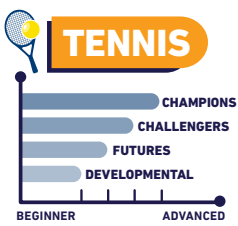
**SCAN FOR
 E-SCHEDULE**



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																										
09.30																										
10.00																										
10.30																										
11.00				Adult19+				Adult19+				Adult19+														
11.30						Barre+ Adult19+			RockJam Adult19+																	
12.00				FREE PLAY				FREE PLAY				FREE PLAY														
12.30	<div data-bbox="264 624 808 820" data-label="Complex-Block"> <p>NEW! Elite CHAMPIONSHIPS ADULT19+</p> </div>				<div data-bbox="1021 667 1921 935" data-label="Complex-Block"> <p>60 Min Class Ladder Play for ADULT19+</p> <p>An extension of regular classes, emphasizing competitive gameplay and strategic skill development.</p> </div>																					
13.00																										
13.30																										
14.00																										
14.30																										
15.00																										
15.30																										
16.00																										
16.30																										
17.00												Adult19+		Adult19+												
17.30																										
18.00												FREE PLAY		Adult19+ LADDER PLAY												
18.30			Dance Adult 19+ yrs								Ballet Adult 19+ yrs															
19.00	Adult19+					Adult19+			Adult19+																	
19.30																										
20.00	FREE PLAY					FREE PLAY			FREE PLAY																	
20.30																										
21.00																										
22.00																										

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:



Dance Recital Ballet & Contemporary Recital

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.
- 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.