



AEON MALL BSD
 ☎ +6221 3971 3777

Spring Term Schedule
 Jan 20th until Apr 20th 2025
 Updated Feb 17th

**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	ENJOY FREE PLAY! Available in Sports Court whenever there are no classes or Private Instructions scheduled!										
09.30								09.30												
10.00								10.00												
10.30			Sports U3	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												
13.30	Sports U4/5	3-7 yrs		3-7 yrs	Elite		Sports U4/5		13.30	Sports U4/5	U5-7	3-7 yrs	Elite	U5-7						
14.00								14.00												
14.30	U5-7		U5-7		U5-7		U5-7	3-7 yrs	14.30		3-7 yrs	U9-18	8-18 yrs	U5-7	U9-18					
15.00								15.00												
15.30	U8-16		U5-7	3-7 yrs	U5-7	3-7 yrs	U5-7	8-18 yrs	15.30	U5-7	8-18 yrs	U5-7	U9-18	U8-16						
16.00								16.00												
16.30	U5-7	U9-18	U9-18	8-18 yrs	U8-16	8-18 yrs	U9-18		16.30	U5-7	U9-18	U8-16	Adult19+	U9-18	Adult19+					
17.00								17.00												
17.30	U9-18		U7-16		U9-18	U9-18	U7-16		17.30	U9-18		Elite		U5-7	LADDER Adult19+ PLAY					
18.00								18.00												
18.30	Elite	Adult19+	Elite	U9-18	Elite	Adult19+	Elite		18.30	Elite	Adult19+	Elite								
18.30								18.30												
19.00	U5-7		U9-16		U9-18		U7-16		19.00	U9-16		Elite		U5-7						
19.30								19.30												
19.30								19.30			U9-18									
20.00								20.00												
20.30								20.30												
21.00								21.00												
21.00								21.00												
22.00								22.00												



**REGISTRATION OPENS
 APRIL 2025**

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

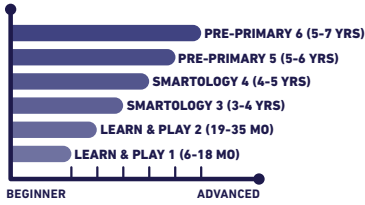
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

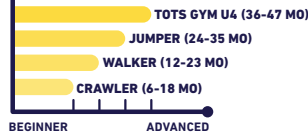
EARLY CHILDHOOD EDUCATION



NEW ACADEMIC



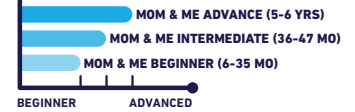
GYMNASTICS



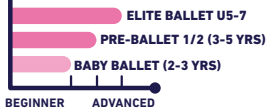
DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



MULTI-SPORTS

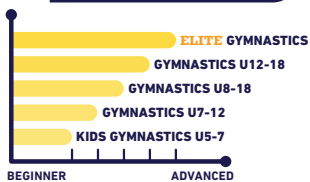


5-18
YRS

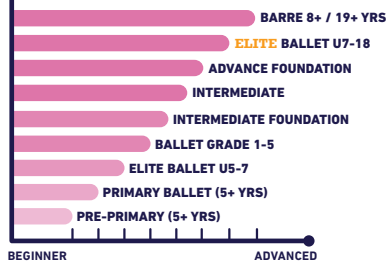
ACTIVITY CLASSES



GYMNASTICS



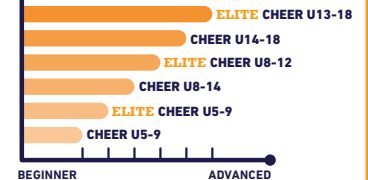
BALLET



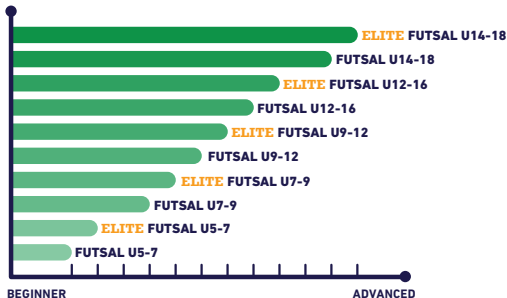
MARTIAL ARTS



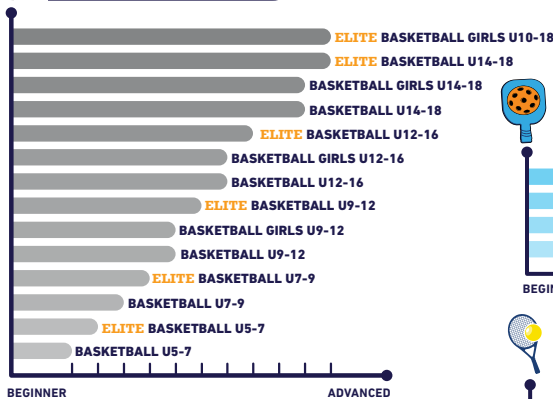
CHEERLEADING



FUTSAL



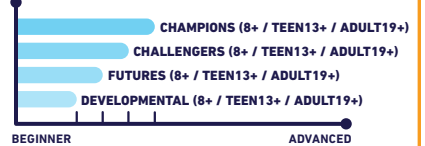
BASKETBALL



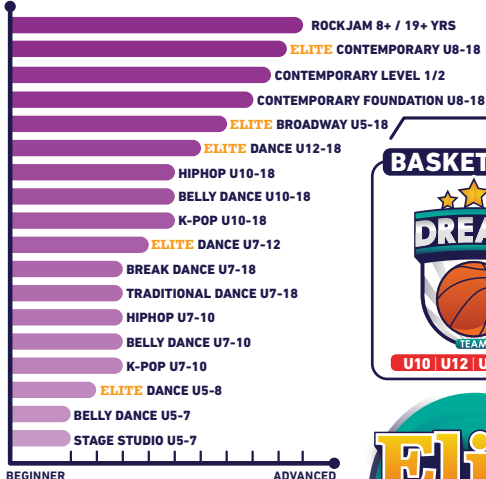
SWIMMING



PICKLEBALL



DANCE



NEW

DREAM TEAM

BASKETBALL



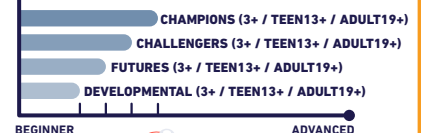
FUTSAL



GYMNASTICS



TENNIS



PING PONG



ROCKFIT



YOGA



PARKOUR



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



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Spring Term Schedule
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Adult 19+ Only

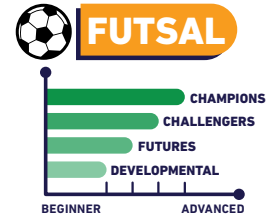
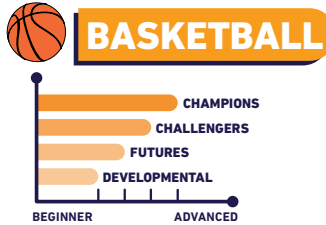
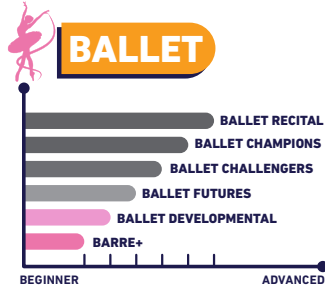
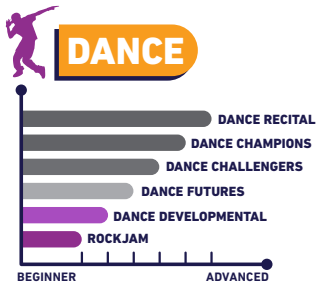
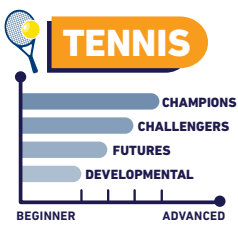
**SCAN FOR
 E-SCHEDULE**



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="268 630 806 821" data-label="Complex-Block"> <p>NEW! Elite CHAMPIONSHIPS ADULT19+</p> </div>				<div data-bbox="1019 670 1915 933" 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																										
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15.00																										
15.30																										
16.00																										
16.30																										
17.00												Adult19+		Adult19+												
17.30				Dance Adult 19+ yrs										Adult19+ LADDER PLAY												
18.00												FREE PLAY														
18.30																										
19.00	Adult19+					Adult19+		Adult19+		Adult19+	Ballet Adult 19+ yrs															
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:

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.