



AEON MALL BSD
 ☎ +6221 3971 3777

Winter Term Schedule
 Oct 21st 2024 until Jan 19th 2025
 Updated Nov 18th

**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+ | | | | 10.30 | | | | | | | | | | 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 | 15.00 | U5-7 | 8-18 yrs | U5-7 | U9-18 | U8-16 | 8-18 yrs | | | | | |
| 15.30 | | | | | | | | 15.30 | U5-7 | | | | | | | | | | | |
| 16.00 | U5-7 | U9-18 | U9-18 | 8-18 yrs | U8-16 | 8-18 yrs | U9-18 | U9-18 | 16.00 | U5-7 | | U8-16 | Adult19+ | U9-18 | Adult19+ | | | | | |
| 16.30 | | | | | | | | 16.30 | | | | | | | | | | | | |
| 17.00 | U9-18 | | U7-16 | | U9-18 | U9-18 | U7-16 | | 17.00 | U9-18 | U9-18 | Elite | | U5-7 | | | | | | |
| 17.30 | | | | | | | | 17.30 | | | | U5-9 | | | | | | | | |
| 18.00 | Elite | | Elite | U9-18 | Elite | | Elite | | 18.00 | Elite | | | | Elite | | | | | | |
| 18.30 | U5-7 | | U9-16 | | U9-18 | | U7-16 | | 18.30 | U9-16 | | Elite | | U5-7 | | | | | | |
| 19.00 | | | | | | | | 19.00 | U9-16 | Adult19+ | U9-18 | | | | | | | | | |
| 19.30 | | Adult19+ | | | | | Adult19+ | | 19.30 | | | | | | | | | | | |
| 20.00 | | | | | | | | 20.00 | | | | | | | | | | | | |
| 20.30 | | | | | | | | 20.30 | | | | | | | | | | | | |
| 21.00 | | | | | | | | 21.00 | | | | | | | | | | | | |
| 21.30 | | | | | | | | 21.30 | | | | | | | | | | | | |
| 22.00 | | | | | | | | 22.00 | | | | | | | | | | | | |

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

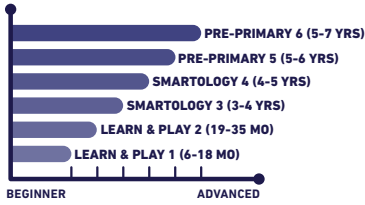
NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6
MO YRS

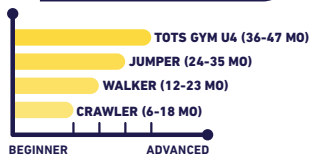
EARLY CHILDHOOD EDUCATION



NEW ACADEMIC



GYMNASTICS



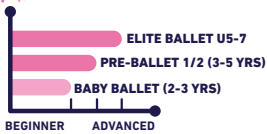
DANCE



SWIMMING



BALLET



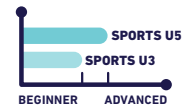
YOGA



MARTIAL ARTS



MULTI-SPORTS

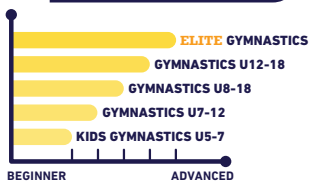


5-18
YRS

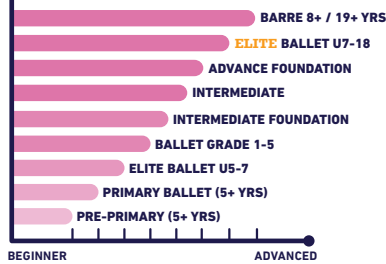
ACTIVITY CLASSES



GYMNASTICS



BALLET



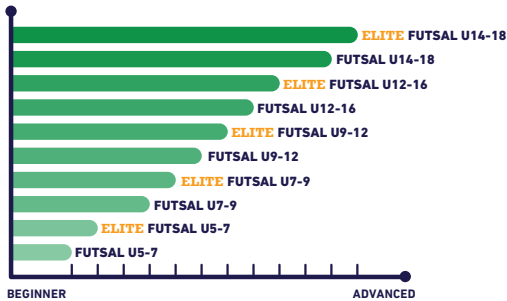
MARTIAL ARTS



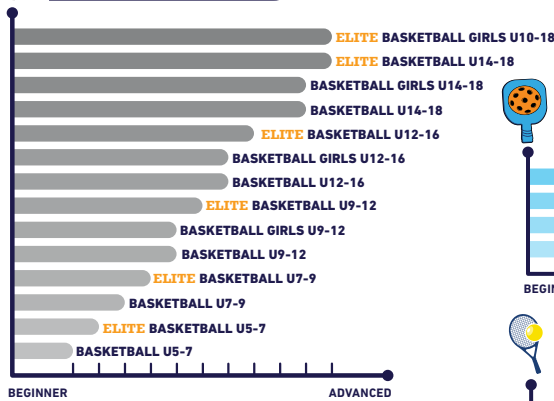
CHEERLEADING



FUTSAL



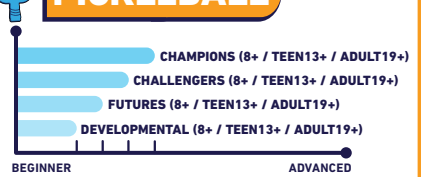
BASKETBALL



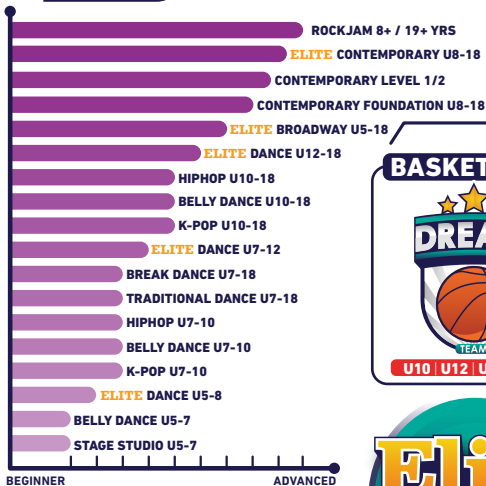
SWIMMING



PICKLEBALL



DANCE



NEW

DREAM TEAM

BASKETBALL

U10 | U12 | U14 | U16

FUTSAL

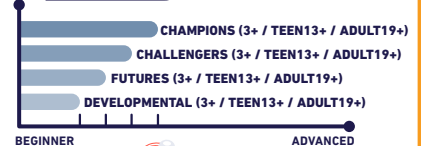
U6 | U8 | U10 | U13

GYMNASTICS

LEVEL 3-10



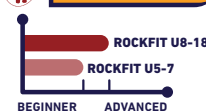
TENNIS



PING PONG



ROCKFIT



YOGA



PARKOUR



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



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Winter Term Schedule
 Oct 21st 2024 until Jan 19th 2025
Adult 19+ Only

**SCAN FOR
 E-SCHEDULE**



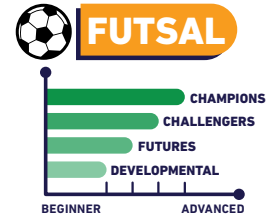
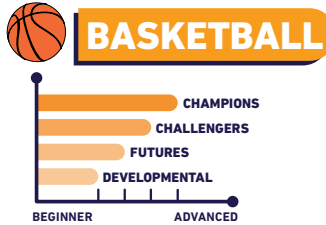
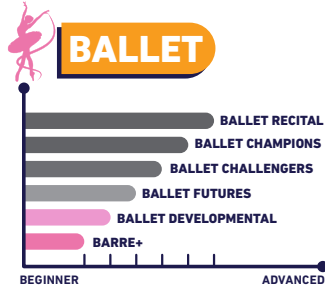
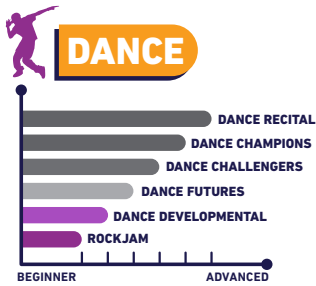
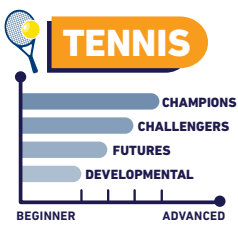
| Time | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|-------|-----------|-------------|---------|-------------|-----------|--------------------|----------|-------------|-----------|---------------------|----------|-------------|--------|-------------|
| | Studio | 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 | | | | | | | | | | | | | | |
| 13.00 | | | | | | | | | | | | | | |
| 13.30 | | | | | | | | | | | | | | |
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| 16.30 | | | | | | | | | | | | | | |
| 17.00 | | | | | | | | | | | | | | |
| 17.30 | | | | | | | | | | | | Adult19+ | | Adult19+ |
| 18.00 | | | | | | | | | | | | FREE PLAY | | FREE PLAY |
| 18.30 | | | | | | | | | | | | | | |
| 19.00 | Adult19+ | | | | | Adult19+ | | | Adult19+ | | | | | |
| 19.30 | | | | | | | | | | | | | | |
| 20.00 | FREE PLAY | | | | | FREE PLAY | | | FREE PLAY | | | | | |
| 20.30 | | | | | | | | | | | | | | |
| 21.00 | | | | | | | | | | | | | | |
| 21.30 | | | | | | | | | | | | | | |
| 22.00 | | | | | | | | | | | | | | |

ENJOY FREE PLAY!
 Tersedia di Lapangan Olahraga
 kapan pun saat tidak ada jadwal
 kelas atau Kelas Privat!

30 Days Free Trial for **ADULT 19+**
 Ajak teman, rekan kerja, atau anggota keluarga
 anda untuk menikmati 30 hari Kelas Gratis!
 Penawaran ini berlaku selama Winter Term 2024
 & anda diharuskan untuk hadir pada saat
 penukaran.

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*

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.