



# BINTARO XCHANGE

+6221 2986 4646

## Spring Term Schedule

Jan 20<sup>th</sup> until Apr 20<sup>th</sup> 2025

SCAN FOR E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday						
	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports			
08.00																															
08.30																															
08.30-09.00																															
09.00																															
09.30		P <sup>re</sup> Primary 5				P <sup>re</sup> Primary 5	LEARN & PLAY 1 6-18 mo				P <sup>re</sup> Primary 5				P <sup>re</sup> Primary 5	LEARN & PLAY 1 6-18 mo			P <sup>re</sup> Primary 5												
09.30-10.00		5-6 yrs			Crawler 6-18 mo	5-6 yrs	LEARN & PLAY 2 19-35 mo				Walker 12-23 mo	5-6 yrs	LEARN & PLAY 2 19-35 mo			Walker 12-23 mo	5-6 yrs	LEARN & PLAY 2 19-35 mo			5-6 yrs			Jumper 24-35 mo		Sports U4/5	Crawler 6-18 mo				
10.00-10.30		SMART OLOGY 4 4-5 yrs			Jumper 24-35 mo	SMART OLOGY 4 4-5 yrs	Baby Jam 6-18 mo	Sports U3		Jumper 24-35 mo	SMART OLOGY 4 4-5 yrs	Baby Dance 1-3 yrs	Sports U3		Jumper 24-35 mo	SMART OLOGY 4 4-5 yrs		Sports U3		Crawler 6-18 mo	SMART OLOGY 4 4-5 yrs	Baby Dance 1-3 yrs	Sports U3		Baby Dance 1-3 yrs	Baby Dance 1-3 yrs		Walker 12-23 mo	Baby 2-3 yrs	Baby Jam 6-18 mo	
10.30-11.00																															
11.00		SMART OLOGY 3 3-4 yrs																													
11.30																															
12.00	Jumper 24-35 mo	5-7 yrs	Martial Arts 4-7 yrs	Sports U4/5		5-7 yrs	P-Ballet <sup>1/2</sup> 2-3 yrs	Sports U4/5			5-7 yrs	Martial Arts 4-7 yrs	Elite U5-7			5-7 yrs	Stage Studio U5-7			5-7 yrs	Stage Studio U5-7			5-7 yrs	U4	Tkd. 6+ yrs	U5-7		U4	Stage Studio U5-7	
12.30																															
12.30-13.00																															
13.00																															
13.00-13.30																															
13.30-14.00																															
14.00																															
14.00-14.30	Jumper 24-35 mo	5-7 yrs	Martial Arts 4-7 yrs	Sports U4/5		5-7 yrs	P-Ballet <sup>1/2</sup> 3-5 yrs	Sports U4/5			5-7 yrs	Martial Arts 4-7 yrs	Elite U5-7			5-7 yrs	Stage Studio U5-7			5-7 yrs	Stage Studio U5-7			5-7 yrs	U4	Tkd. 6+ yrs	U5-7		U4	Stage Studio U5-7	
14.30-15.00																															
15.00		Move & Groove 3-5 yrs	PP/P 5+ yrs		U5-7		RockFit U5-7	Trad. Dance U7-18			Belly Dance U5-12	P-Ballet <sup>1/2</sup> 3-5 yrs		U5-8			Sports U4/5		U5-9	U5-7		PP/P 5+ yrs	Sports U4/5			Tkd. 6+ yrs		Jumper 24-35 mo		U5-9	Elite U9-18
15.30																															
15.30-16.00		Gr.1-4 (Skill dep.)	Tkd. 6+ yrs		U5-7		U8-18	Elite U5-8			Stage Studio U5-7	Muay Thai 6+ yrs	Elite U5-7			K-Pop U7-18	Martial Arts 4-7 yrs		U5-7			K-Pop U7-18	U5-7			RockFit U5-7		U8-18		Baby Dance 1-3 yrs	Elite U9-18
16.00																															
16.00-16.30		U8-18	Tkd. 6+ yrs		U5-12		Elite U5-8	Elite U5-8	Elite U5-8	Elite U5-8		Gr.1/2 (Skill dep.)	Elite U5-7			U8-18	U8-18	U8-18				Gr.2-5 (Skill dep.)	U5-7			U8-18		U8-18			
16.30																															
16.30-17.00																															
17.00																															
17.30																															
17.30-18.00																															
18.00	Elite U5-12																														
18.00-18.30																															
18.30																															
18.30-19.00																															
19.00																															
19.00-19.30																															
19.30																															
19.30-20.00																															
20.00																															
20.00-20.30																															
20.30																															
20.30-21.00																															
21.00																															
21.30																															

**NEW! Elite CHAMPIONSHIPS ADULT 19+**

**REGISTRATION OPENS 1<sup>ST</sup> APRIL 2025**

INDEX:										Elite : up to 90 min class
	PRESCHOOL : LEARN & PLAY 1   LEARN & PLAY 2   SMART OLOGY 3   SMART OLOGY 4   KINDERGARTEN : P <sup>re</sup> Primary 5   P <sup>re</sup> Primary 6									

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



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SCAN FOR  
E-SCHEDULE



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2	Swim 1	Swim 2
09.00														
09.30														
10.00														
10.30					Swim M&M L1 6-35 mo				Swim M&M L1 6-35 mo		Swim M&M L1 6-35 mo		Swim M&M L1 6-35 mo	
11.00														
11.30											Stroke Dev. L1	Swim M&M L2 3-4 yrs	Stroke Dev. L1	Swim M&M L2 3-4 yrs
12.00														
12.30			Swim M&M L1 6-35 mo									Stroke Dev. L3	Swim M&M L3 5-6 yrs	
13.00														
13.30											Swim M&M L1 6-35 mo	Swim M&M L2 3-4 yrs		
14.00														
14.30							Swim M&M L1 6-35 mo					Swim M&M L3 5-6 yrs		
15.00														
15.30			Swim M&M L2 3-4 yrs		Swim M&M L2 3-4 yrs				Swim M&M L2 3-4 yrs		Stroke Dev. L2		Stroke Dev. L1	
16.00														
16.30			Stroke Dev. L1		Swim M&M L3 5-6 yrs			Swim M&M L3 5-6 yrs	Stroke Dev. L1	Swim M&M L3 5-6 yrs	Stroke Dev. L1		Swim M&M L1 6-35 mo	Swim M&M L2 3-4 yrs
17.00														
17.30			Stroke Dev. L2		Stroke Dev. L3			Stroke Dev. L4	Stroke Dev. L2				Stroke Dev. L2	
18.00														
18.30														
19.00														
19.30														
20.00														
20.30														
21.00														
21.30														

INDEX:



Swimming

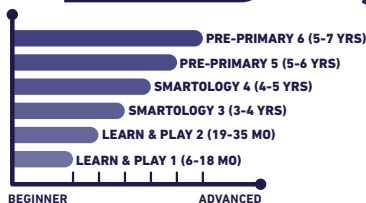
**Elite:** up to 90 min class

# NEW PROGRAM CLASSIFICATION & PROGRESSION

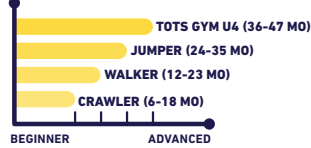
**6-6**  
MO YRS

## EARLY CHILDHOOD EDUCATION

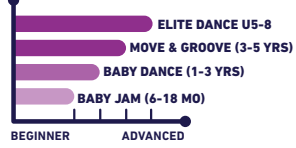
### NEW ACADEMIC



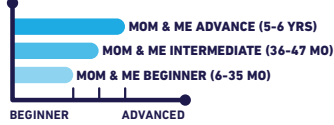
### GYMNASTICS



### DANCE



### SWIMMING



### YOGA



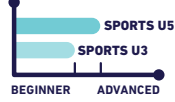
### BALLET



### MARTIAL ARTS



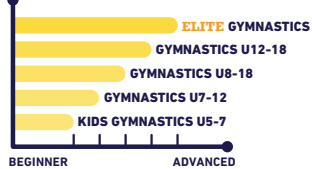
### MULTI-SPORTS



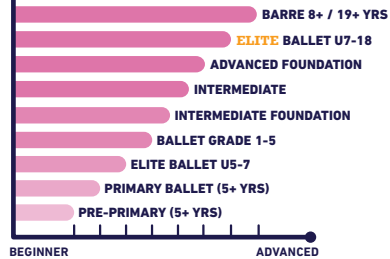
**5-18**  
YRS

## ACTIVITY CLASSES

### GYMNASTICS



### BALLET



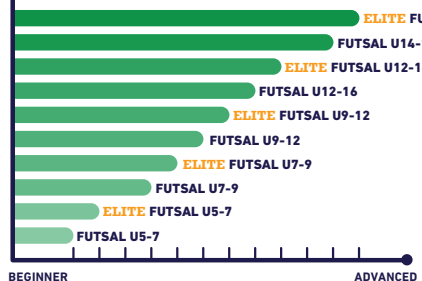
### MARTIAL ARTS



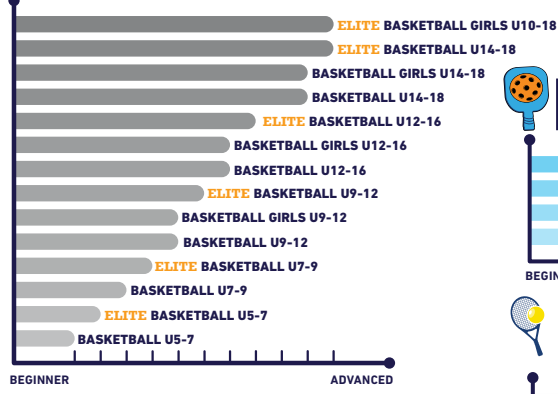
### CHEERLEADING



### FUTSAL



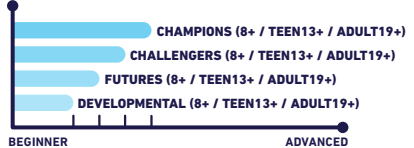
### BASKETBALL



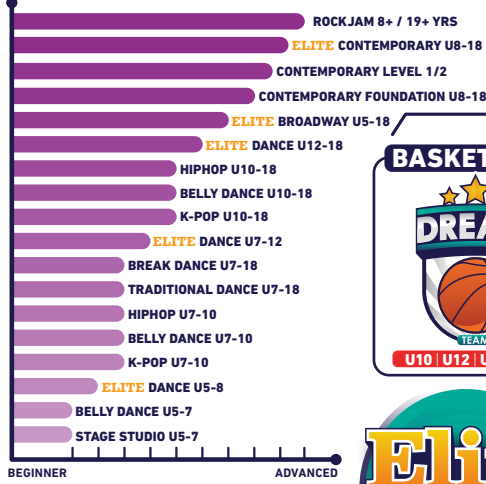
### SWIMMING



### PICKLEBALL



### DANCE



### NEW DREAM TEAM

**BASKETBALL**

U10 | U12 | U14 | U16

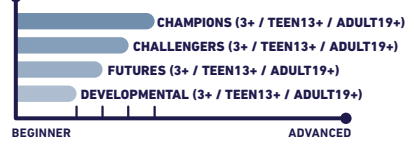
**FUTSAL**

U6 | U8 | U10 | U13

**GYMNASTICS**

LEVEL 3-10

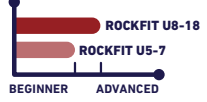
### TENNIS



### PARKOUR



### ROCKFIT



### YOGA



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