

# **CIPUTRA WORLD SURABAYA**

**4** +6231 3000 0200

# Sample Schedule

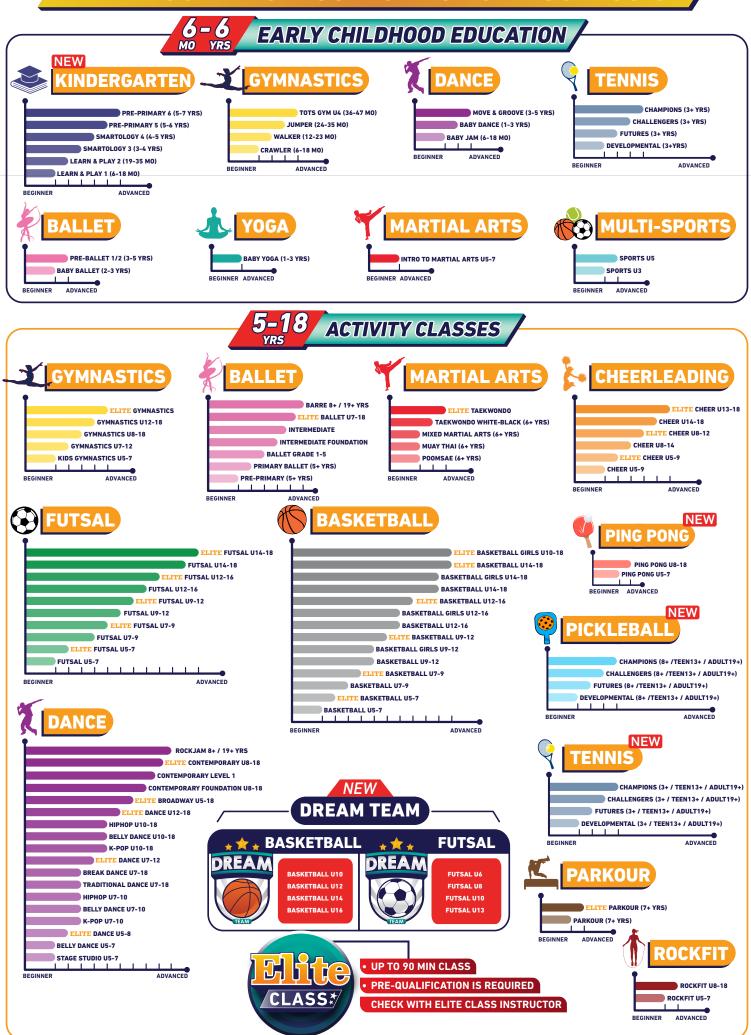
SCAN FOR E-SCHEDULE

inspired Full Body Conditioning Training



	Monday					Tuesday					uesday Wednesday						1	Thursda	ay		Friday					Saturday				Sunday				
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10.30						Crawler 6-18	Baby Dance			LEARN &PLAY 2	Walker					Crawler 6-18		Baby Dance		&PLAY	Walker	Baby Dance			V	Valker 12-23					Crawler 6-18			
10.30							1-3 yrs			10 25	12-23 mo					mo		1-3 yrs		19-35 mo	mo	1-3 yrs				mo					mo			
11.00										19-35 mo										mo												Dut		
11.00	USA			SMART OLOGY		Jumper	Baby				Jumper	Baby		SMART OLOGY		Jumper	Barre	Baby			Jumper	Baby	Rock				Baby				Walker	Baby	Baby	
11.30 11.30				4		24-35 mo	Jam 6-18				24-35	Dance		4 4		24-35 mo	Barre+ Adult19+	Jam 6-18			24-35	Dance	Jam Adult 10				Dance				12-23	*	Jam 6-18	
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12.00				SMART										SMART			Baby															P-Ballet <sup>1/2</sup>		
12.30				OL OGY		Walker 12-23		Sports				Baby Dance		OLOGY 3		Walker 12-23		Sports					Sports		Ju	ımper	Move& Groove					K	Baby Dance	
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13.00	Walker	Baby				USA	Baby				USA		_			USA					<b> -</b>					USA					Jumper		Move&	Sports
13.30	12-23 mo	Dance 1-3 yrs				_	Dance 1-3 yrs		Primary				Sports U3					Sports U4/5	Primary		USA							Sports U3			Jumper 24-35	(	Groove	U4/5
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14.00									5-7 yrs										5-7 yrs												la a	PP/P		
14.30	Jumper 24-35						Martial Arts	Sports					Sports					Move& Groove					Sports			USA	H-Hop U7-18	Sports			USA		Stage Studio —	Sports U3
14.30		3-5 yrs					Arts 4-7 yrs	U4/5					U4/5					3-5 yrs					Ú4/5			U5-7	U7-18	U4/5			U4	- /\	U5-7	03
15.00 15.00																-	P-Ballet <sup>1/2</sup>	2							_					U8-18		5+ yrs		
15.30	USA	Stage	Snorts			USA		Move&			USA	Move&				USA	3	Martial		<b>\$</b>	USA		Move&			USA	Stage	Martial Arts		<b>\$</b>	USA	8	Muay	
15.30	_	Studio U5-7	U3			_		Groove 3-5 yrs			_	Groove 3-5 yrs					#	Arts 4-7 yrs		20	_		Groove				Studio U5-7	Arts 4-7 yrs				/\ Gr.1	Thai -	
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16.30	USA	H-Hop U7-18	Sports			USA	Muay Thai	Stage Studio			USA	Stage Studio	RockFit			USA	*	- TKG.		1	USA	RockFit	Stage Studio		P	arkour	K-Pop U7-18	Muay Thai			USA	ユ	Martial Arts —	
16.30	U5-7	07-16	04/5			U8-18	6+yrs	Studio U5-7			U8-18	U5-7	U5-7			U8-18	7	6+ yrs		110.10	U8-18	U5-7	U5-7			, Ala	07-18	6+yrs				tion	4-7 yrs	
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17.30							[] - <b>[</b> ] 6+ yrs	U7-18					U7-18			7+ yrs	Gr.1					U7-18	U7-18				T						∐ - <b>■</b> – 6+ yrs	
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20.00	PRESCHOOL:						PRESCHOOL: LEARN&PLAY1 LEARN&PLAY							MARTOLOGY3 SMARTOLOGY4 KINDERGARTEN: Primary5 Primary										y <u>6</u>	Pound Fit, & Aerobic									
21.00						Cheerleading 🧍 Ballet 📑					Contemporary Dance R Broady					lway 🏌 Dance 🌱 Taekwondo					Elite: up to 90 min class				H	Barre+ (8+ yrs & Adult19+) - Pilates & Ballet								

# **NEW PROGRAM CLASSIFICATION & PROGRESSION**





# CIPUTRA WORLD SURABAYA

**4** +6231 3000 0200

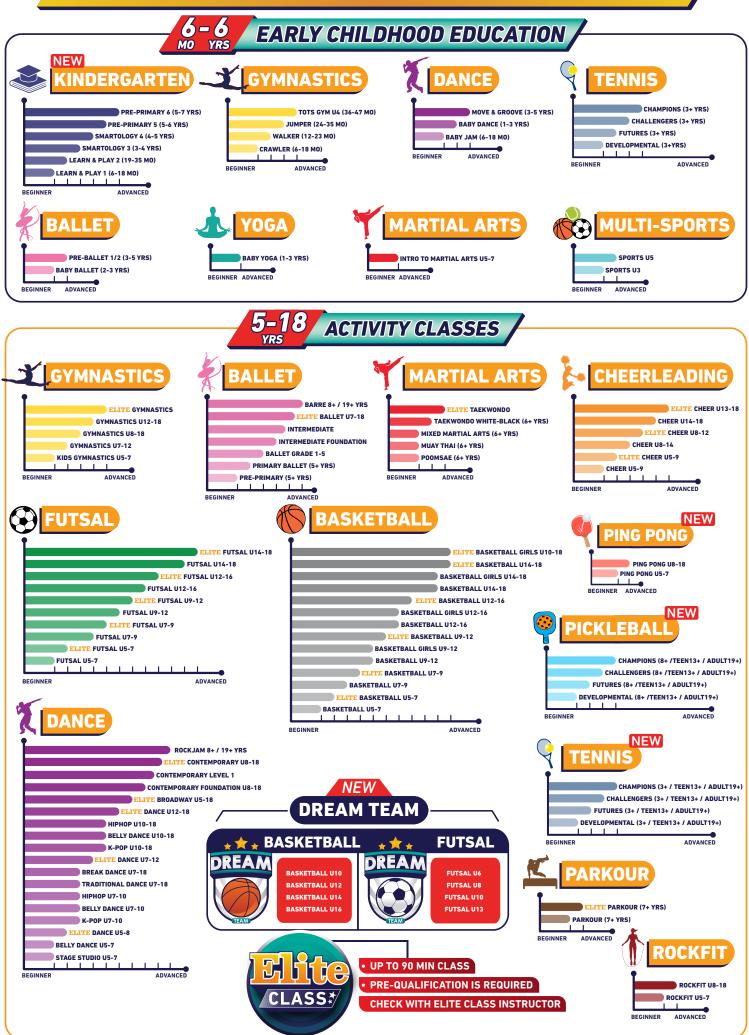
# Sample Schedule

SCAN FOR E-SCHEDULE



Time	Monday			Monday Tuesday					Wednesday Thursday						Friday					Sunday		
	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	
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16.30 17.00	U8-18	8-12 yrs		U8-18	3-7 yrs		U8-18	U9-18	U5-7	U8-18	3-7 yrs		U5-7	U9-18	U5-7	U8-18	Adult19+		U5-7	Adult19+		
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18.00 18.00	U8-18	U9-18		08-18	8-12 yrs		U8-18	Teen13+	U8-18	U8-18	8-12 yrs			Teen13+	U8-18		Teen13+			U9-18		
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## **NEW PROGRAM CLASSIFICATION & PROGRESSION**





# CIPUTRA WORLD SURABAYA

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# Sample Schedule

E-SCHEDULE



Adult19+ Only

	Monday			Tuesday Wednesday							Thursday			Friday			Saturday			Sunday			
Time						-			-								-		Tennis & PB Ping Pon				
00.00	Studio	Tennis & PB	Ping Pong	Studio	Tennis & PB	Ping Pong	Studio	Tennis & PB	Ping Pong	Studio	Tennis & PB	Ping Pong	Studio	Tennis & PB	Ping Pong	Studio	Tennis & PB	Ping Pong	Studio	Tennis & PB	Ping Pong		
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	INDEX:																						

## **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.

#### **Barret**

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.

### **PING PONG** CHAMPIONS CHALLENGERS DEVELOPMENTAL

## Stills Leveling

**CHAMPIONS** Advance Level

**CHALLENGERS** Intermediate Level

> **FUTURES** Beginner Leve

DEVELOPMENTAL Introductory Level

# 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.

#### **Ballet & Dance Leveling:**



Developmental : Introduction level will help to discover your passion and potential.

: Learn fundamentals & build a strong foundation. **Futures** 

Challengers : Elevate your skills, refined techniques & challenge yourself.

: Embark on a journey of artistry, mastering complex choreography & routines. Champions

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.

: Dive into the game basics, build a strong foundation & be part of developmental team. **Futures** 

: Introduction level will help you ease into the game, discovering your passion and potential. Developmental