

## GAJAH MADA PLAZA

**4** +6221 3972 9888

# **Spring Term Schedule** Jan 20<sup>th</sup> until Apr 20<sup>th</sup> 2025



		Mor	ıday			Tues	day		Wednesday					Thur	sday			Frie	day			Satu	rday		Sunday				
Time 08.00	G	3	4	5	G	3	4	5	G	3	4	5	G	3	4	5	G	3	4	5	G	3	4	5	G	3	4	5	
08.30	NE	W! 5	<u> </u>	0 д																									
08.30			J. L																		DREAM TEAM								
<u>09.00</u> 09.00		) /r	H A M DI	UNCHID	€ */																								
09.30		7		15.60	₩, (																USA								
09.30 10.00																													
10.00 10.30					Crawler	Baby			Walker				Crawler	Baby			Jumper	Baby			L3-7	Baby							
10.30					6-18 mo	Dance 1-3 yrs			12-23 mo				6-18 mo	Dance 1-3 yrs			24-35	Dance 1-3 yrs				Dance 1-3 yrs							
11.00 11.00					1110	1-5 yı 5			1110					-			1110	1-3 yı s				1-3 yi S							
11.30					Jumper	Baby Dance				Baby	Barre+		Jumper	Baby Dance	Dance		Walker	Baby Dance			Jumper 24-35	Baby Dance			Walker				
11.30 12.00					mo	1-3 yrs				1-3 yrs	Adult19+		mo	1-3 yrs	Adult19+		12-23 mo	1-3 yrs			mo	1-3 yrs			12-23 mo				
12.00					Walker	_			lumner				\A/=!!.==								Walker		P-Ballet <sup>1/2</sup>			Baby			
12.30 12.30					12-23	Sports U3			Jumper 24-35	Sports U4/5			Walker 12-23	Sports U3				Sports U3			12-23	Sports U3	#			Dance			
13.00					mo				mo				mo					0.5			mo		3-5 yrs			1-3 yrs			
13.00 13.30	Walker	Sports			USA					Sports	Baby			Move&			USA	Sports			USA		Baby		Jumper				
13.30	12-23 mo	Ū3			U4					U3	7			Groove 3-5 yrs			U5-7	Ú4/5			U4		*		24-35 mo				
14.00 14.00		D 1				Move&			6/		2-3 yrs P-Ballet <sup>1/2</sup>		<b>I</b>	,							_		2-3 yrs PP/P						
14.30 14.30	USA	Baby Dance			USA	Groove			USA		1		USA	Sports U4/5			USA				USA	Move& Groove	*		USA				
15.00	U4	1-3 yrs			U5-7	3-5 yrs			U5-7		3-5 vrs		U5-7	04/3			U4				U5-7	3-5 yrs	5+ yrs		U4				
15.00 15.30	Jumper	Martial	Move& Groove	\$	USA	Muay	Sports		USA	Martial	PP/P		USA				USA	Move&			USA	Muay	*	Stage	USA	Muay	Move&		
15.30	24-35 mo	Arts 4-7 vrs	Groove 3-5 yrs			Thai 6+ yrs	U4/5			Arts 4-7 vrs	5+ yrs							Groove 3-5 yrs				Thai 6+ yrs	Gr.1 (Skill dep.)	Studio U5-7		Thai	Groove 3-5 yrs		
16.00 16.00				U5-9	U5-7			Elite			b+ yrs Elite		U4				U3-7				U5-7	0. 113	(Skill dep.	)	U5-7				
16.30	USA	Muay Thai	Stage Studio	20	USA	Martial Arts	RockFit	<b>1</b>	USA	Muay Thai	1	K-Pop	USA	Н-Нор	RockFit U5-7		USA	Martial Arts	K-Pop		USA	Martial Arts			USA	Martial Arts	Stage Studio		
16.30 17.00	U5-7	6+ yrs	U5-7	U8-18	U8-18	4-7 yrs	U5-7	U5-8	U5-7	6+ yrs	<b>7</b> U5-7	U7-18	U5-7	U7-18	U5-7		U8-18	4-7 yrs	U5-7		U8-18	4-7 vrs	Founda- tion & L1		U8-18	4-7 yrs	U5-7		
17.00	USA	Tkd.			Elite		Elite	Elite		K			USA	Stage	D 150		Parkour	Tkd.			Parkour	Elite	tion a Er			Tkd.			
17.30 17.30		Tkd. [] - <b>[</b> 6+ yrs	K-Pop U7-18		<b>!</b>	RockFit U7-18		T.	USA	Gr.1 (Skill dep.)	RockFit U7-18			Studio	RockFit U8-18		7+ yrs	Tkd. [] - <b>■</b> 6+ yrs			7+ yrs				DREAM	[]-[			
18.00 18.00	U8-18	0+ yı s			- A-	T31*4 -		$\Lambda$					U8-18	U5-7				0+ yrs							TEAM	6+ yrs			
18.30	Parkour					Elite	U8-18	U5-18	Elite	Elite			Elite				Elite				Elite	6+ yrs			USA				
18.30 19.00	7+ yrs									3							8												
19.00						U5-9				7															L3-7				
19.30 19.30						Elite				U7-18																			
20.00																													
20.00 20.30						20																	ſ	DEC	ICTE	ATTI	ON OF	DENIC	
20.30						U8-18																							
21.00 INDEX:	روا	Course	1	Cl	da a di u u	ž.	. 4	Carri		Ti Ti	ν <sub></sub>	3	Danie	<b>₩</b>	laura et a	E1444	)	00 min al		FAM	: up to 1	90 min -	lace	1 SI	<b>/</b> 4\) ?	1840 1840	L20	125	
INDEX	USA	Gymnas	SIICS	, cheer	leading	F Ball		Lonten	porary D	ance /	Broadw	ray   K	Dance	Tae	kwondo	EIII	e: up to 9	ru min cla	155	TEAM)	. up to 1	ou inin (	ldSS						



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Monday Time Studio 1 Studio 2			Tues	day	Wedne	esday	Thur	sday	Frie	day	Satu	rday	Sunday		
Time	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	
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08.30															
08.30 09.00															
09.00															
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09.30			Primary	•				1	Primary		BC	<b>Ires</b>		k .	
10.00	5		5	6-18 mo	5		5	6-18 mo	5				heel 8		
10.00 10.30	5-6 yrs		5-6 yrs	LEARN	5-6 yrs	&PLAY	5-6 yrs	LEARN	5-6 yrs		K:	NDED	GART	EM	
10.30				&PLAY 2		2		&PLAY 2							
11.00				19-35 mo		19-35 mo		19-35 mo						* * ()	
11.00	SMART OLOGY		SMART OLOGY		SMART OLOGY		SMART		SMART OLOGY						
11.30	0L0GY <b>4</b>		OLOGY 4		OLOGY 4		OLOGY i 4		OLOGY 4						
11.30 12.00	4-5 yrs		4-5 yrs		4-5 yrs		4-5 yrs		4-5 yrs		C.	- Franci		<b>***</b>	
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12.30 13.00	3 3-4 yrs		3 3-4 yrs		3 3-4 yrs				3 3-4 yrs						
13.00	3-4 yrs		3-4 yrs		3-4 yrs				3 4 913						
13.30			(E)re		e re		(C) Ye		<b>₽</b> re						
13.30	Primary		Primary		Primary		Primary		Primary						
14.00	6		6		6		6		6						
14.00 14.30	5-7 yrs		5-7 yrs		5-7 yrs		5-7 yrs		5-7 yrs						
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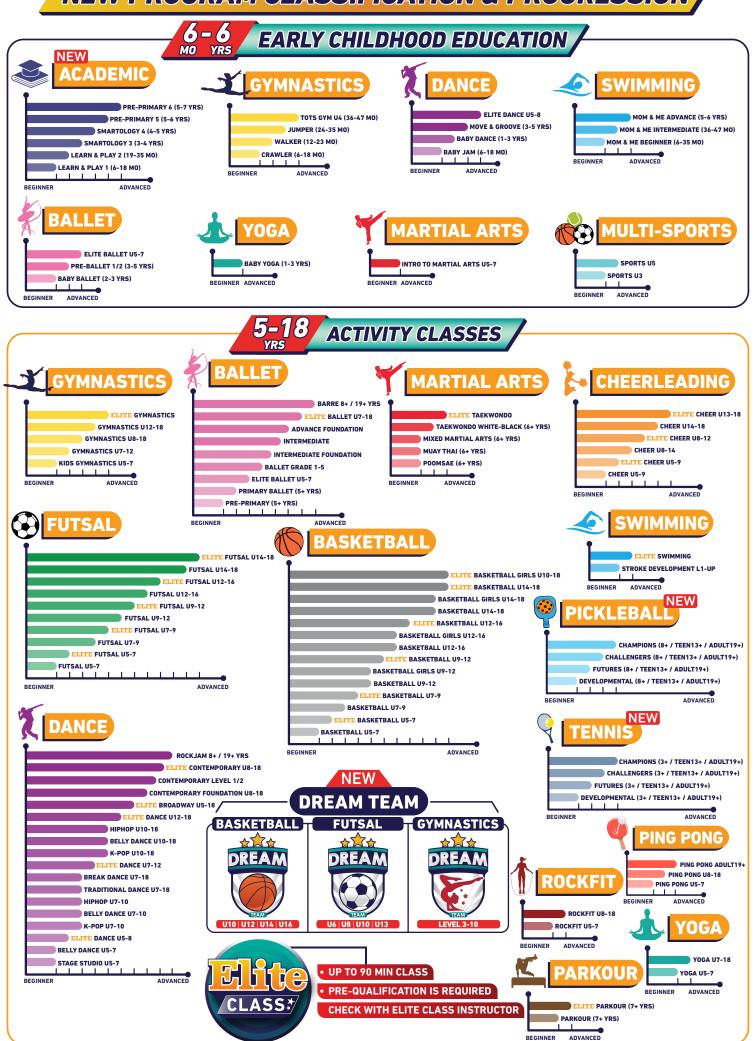
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## Spring Term Schedule Jan 20th until Apr 20th 2025



		Mon	day			Tues	day	day		Wedn	esday			Thur	sday			Frie	day			Satu	rday		Sunday			
Time	Sports	Tennis	Swim P	ingPong	Sports	Tennis		PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim	PingPong	Sports	Tennis	Swim F	PingPong
07.00 08.00			OY FRE				Adult 19+								Adult19+													
08.00		Availal	ole in S	ports	Court		FREE								FREE													
<u>09.00</u> 09.00			here a				Adult19+ Swim				Swim				Adult19+				6				Continu				Swim	
09.30	Priv	ate in	structio	ons so	enedu		M&M L1				M&M L1				Swim M&M L1				Swim M&M L1				Swim M&M L1				M&M L1	
09.30 10.00	A.F			(		_	6-35 mo				6-35 mo				6-35 mo				6-35 mc	)			6-35 mo	1			6-35 mo	
10.00		<b>&gt; \</b>		7		<b>3</b> )																	Swim				Swim	
10.30 10.30										Y												N S	M&M L2				M&M L2	
11.00										Adult19+												Adult19+	3-4 yrs				3-4 yrs	
11.00 11.30																							Swim				Swim	
11.30																					Elite		M&M L3 5-6 yrs				M&M L3 - 5-6 yrs	
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12.30 13.00																					U5-7				Elite			
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14.00		3-7 yrs			Elite	3-7 yrs															U5-7	3-7 yrs			U7-16	3-7 yrs		
14.00										Q			<b>A</b>	<b>(</b>					Swim		<b>(</b>					<b>(3)</b>	Swim	
14.30 14.30	$\odot$				U5-7				<b>③</b>					7					M&M L2 3-4 yrs			7			3	T	M&M L2 - 3-4 yrs	
15.00 15.00	U5-7							-	U5-7	3-7 yrs			U5-7	3-7 yrs		<u></u>					U9-18	8-12 yrs		<u>~</u>	U5-7	U9-18	3 4 yr 3	
15.30			Swim M&M L2				Swim M&M L2		AC		Swim M&M L2		<b>③</b>				AS				3		Swim M&M L1				Swim M&M L1	
15.30 16.00	U9-18		3-4 yrs		U5-7	3-7 yrs	3-4 yrs	U8-18	U5-7	8-18 yrs	3-4 yrs		U5-7	0.10		U8-18	U5-7	3-7 yrs			U5-7	U9-18	6-35 mg	U5-7	U9-18	0.10	6-35 ma	
16.00	07-10				_	3-7 yrs	<u> </u>	00-10		0-10 yrs	Continu			8-18 yrs		00-10	_	3-7 yrs				09-18		03-7		8-18 yrs		
16.30 16.30	1		Swim M&M L3 —				Swim M&M L3				Swim M&M L3		1		Swim M&M L3				Stroke Dev. L1			400	Stroke Dev. L1			40	Stroke Dev. L1	
17.00	U5-7	U9-18	5-6 yrs	4	U5-7	8-18 yrs	5-6 yrs	U5-7	U9-18		5-6 yrs		U9-18		5-6 yrs	U5-7	U5-7	8-18 yrs			U9-18	Adult19+	2011.21		U9-18	Adult19+	DCV. LT	
17.00	AE				<b>AF</b>				#		CL				CLUI		<b>A</b>		Stroke		Elite	LADDER PLAY	Stroke		<b>A</b>		Stroke	
17.30 17.30											Stroke Dev. L1		<b>③</b>		Stroke Dev. L1	$\vdash\vdash\vdash$			Dev. L2			Y <sub>©</sub>	Dev. L3	7			Dev. L2	
18.00 18.00	U9-18				U9-18				U9-18	U9-18			U8-16	U9-18			U9-18	U9-18			3	Adult19+		U8-18	U5-7			
18 <sup>-</sup> 30	Elite								Elite				Elite				3		-		U5-7		1		Elite			
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19.30	U9-18		Adult19+						07-10				00-7		Adult19+		<b>③</b>		Adult194		3		~	PLAY	07-10		Adult19+	
19.30 20.00					Basket ball Adult19+						FREE Adult19+			Adult19+			Futsal Adult19+				U9-16		FREE Adult19+	Adult19+				
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20.30 20.30						1 To the second																						
21.00						Adult19+																						
21.00 22.00																												
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## **NEW PROGRAM CLASSIFICATION & PROGRESSION**





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Spring Term Schedule
Jan 20th until Apr 20th 2025
Adult19+ Only



	Monday						Tuesday					Wednesday					Thursday					Friday					Saturday					,		
	Studio S	tudio Sports Tennis Swim PP				Studio	tudio Sports Tennis				Studio	Sports	ports Tennis Swi		vim PP		tudio Sports Ten		ennis Swim PP		Studio Sports Tennis Swim		PP	Studio Sports Tennis Swim		n PP	Studio	Sports	ts Tennis Swim		PP			
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## **NEW PROGRAM CLASSIFICATION & PROGRESSION**

#### ADULT19+



















### Stills Leveling.

**CHAMPIONS** Advance Level

**CHALLENGERS** Intermediate Level

> **FUTURES** Beginner Level

DEVELOPMENTAL Introductory Level

#### 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.

Events&Competitions:



An Annual stage showcase featuring variety of arts performed in front of an audience

# CHAMPIONSHIPS >

Termly Competition where teams of egual skill divisions compete against each other.

#### **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.

: Sharpen your skills, explore new tactics & enjoy friendly competitions. Challengers

: 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