

Futsal

Tennis

INDEX: Basketball

PESONA SQUARE +6221 3970 3939

Fall Term Schedule

SCAN FOR E-SCHEDULE



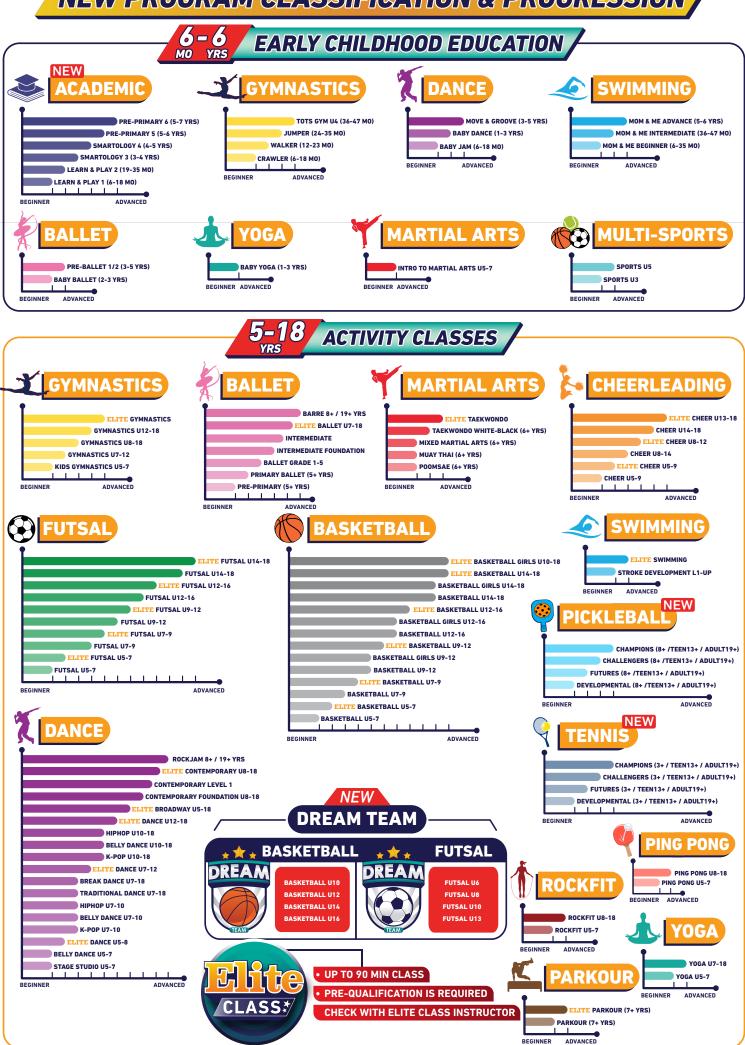
	Monday				Tuesday				Wednesday				Thur	sday		Friday					Satu	rday		Sunday			
	Studio 5	Sports	Tennis PingPon	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis I	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis I	PingPong
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08.30																											
09.00 09.00	Play with your friends																										
09.30 09.30			er there																								
10.00	scheduled!																										
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10.30						Adult19+				Adult19+				Adult19+				Adult19+				Adult19+					
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12.00		•																					Adult19+				
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12.30 13.00				U3								U3															
13.00						9												9		Mantial	AFC)					9	
13.30 13.30			Q			Y		Sports U3				Sports U4/5				Sports U3		7		Martial Arts 4-7 yrs		Y				Y	
14.00 14.00			3-7 yrs			3-7 yrs						04/0					-	3-7 yrs		4-7 yrs	U5-7	3-7 yrs				3-7 yrs	
14.30	Sports U4/5	③		Sports U4/5					3				1				1			Tkd. ☐ - ■	AS				③		
14.30 15.00	U4/5	U5-7		U4/5	U5-7					3-7 yrs			U5-7	3-7 yrs			U5-7	8-12 yrs			U8-18	8-12 yrs	118-18			U9-18	
15.00		A		Muay			8					Muav		<u> </u>	<u> </u>			0 12 313					00-10			67 10	
15.30 15.30	Sports U3			Thai 6+yrs	(3)	4			1	7		Muay Thai 6+yrs	③	Y			3			Muay Thai 6+yrs					3	Y	
16.00 16.00		U5-7		Отуга	U5-7	3-7 yrs	U5-7		U5-7	8-12 yrs		, , ,	U5-7	8-12 yrs	U5-7		U5-7			0.713	U5-7	U9-18	U5-7		U8-18 ₈	3-12 yrs	
16.30		(3)		Martial Arts	1			Sports U4/5	3			Martial Arts	AS	Ĝ		Sports U4/5					\odot						
16.30 17.00		U8-18		4-7 yrs		8-12 yrs	118-18		U8-18	Teen13+		4-7 yrs	U8-18	Teen13+	118-18	U4/5	U8-18				U8-18	Adult19+			U8-18	Adult19+	
17.00		AE	·	Tkd.		<u> </u>	00 10			©		Tkd.		recirror	00 10			<u></u>							6		
17.30 17.30				Tkd. - I 6+ yrs	③	7						[] - [6+ yrs	③				3								_		
18.00 18.00		U8-18	U9-18	01 y13	U8-18	Teen13+			U8-18	U9-18		0+ yi 5	U8-18		<u>~</u>		U8-18	U9-18							U5-7		
18.30										Report								Qo									
18.30 19.00			Adult19+			U9-18	Adult19+			Adult19+					Adult19+			Adult19+									
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19.30						7 P								78											iends		
20.00						Adult19+								Adult19+								tnere	are n	o clas	sses s	tneau	itea!
20.30																											
21.00																						1	Y				

Elite: up to 90 min class

Ping Pong

Pickleball

NEW PROGRAM CLASSIFICATION & PROGRESSION





PESONA SQUARE +6221 3970 3939

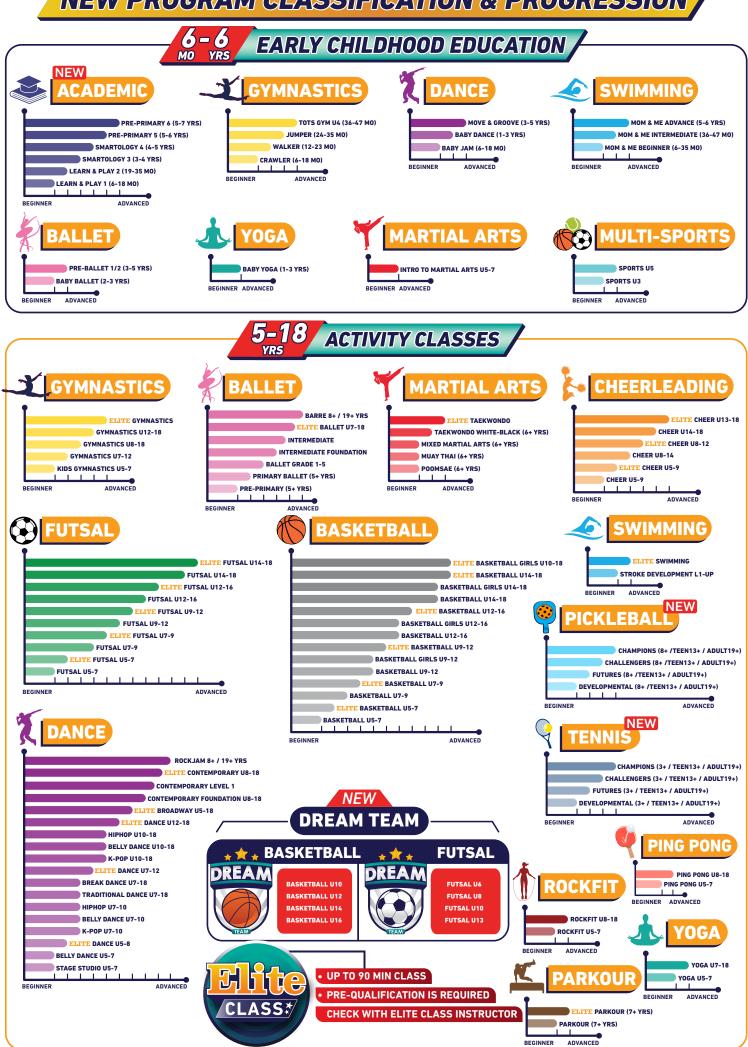
Fall Term Schedule

SCAN FOR E-SCHEDULE



	Monday							Tuesday				Wednesday				Thursday							Friday			Saturday					Sunday				
Time	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3 4	
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09.00																												В	C	U	.62 (Chi	DOL C	×	
09.00										LEARN										LEARN															
09.30					Primary					&PLAY					Primary					LEARN &PLAY										j rop	ER	برناز		EN	
09.30 -					5					1 6-18 mo					5 5					6-18 mo														-50	
10.00 10.00					5-6 yrs										5-6 yrs																				
10.30						Crawler	Baby			&PLAY	Walker					Crawler	Baby			&PLAY	Walker					Jumper				!	Crawler				
10.30						6-18 mo	Dance 1-3 yrs			2	12-23 mo					6-18	Dance			2	12-23 mo					24-35 mo				+	6-18 mo				
11.00						1110	1-3 yrs	'		19-35 mo	1110					mo	1-3 yrs			19-35 mo	1110									!	1110				
11.00	la .				CVART		Dahu								CVADE									Rock											
11.30	USA				OLOGY	Jumper 24-35	Jaiii	Barre Adult	1		Jumper	Baby			OLOGY	Jumper						Baby Dance		Jam			Baby			!	Walker	Baby Jam			
11.30	U4				4	mo	6-18 mo	19+ yrs				Dance 1-3 yrs			4	24-35 mo	6-18 mo					1-3 yrs	5	Adult			Dance 1-3 yrs				12-23 mo	6-18			
12.00					4-5 yrs		1110	,							4-5 yrs		1110							19+ yrs						\perp		mo			
12.00	سما				SMART	Walker						Baby			SMART	Walker					Jumper					Walker				!		Baby	P-Ballet ^{1/2}		
12.30	USA				OLOGY 3	12-23						Dance			OLOGY 3	12-23					24-35					12-23			Sports U3	,	\blacksquare	Dance	 		
12.30	U5-7				3-4 yrs	mo						1-3 yrs			3-4 yrs	mo					mo					mo				!		1-3 yrs	7 3-5 yrs		
13.00 13.00						 		Baby															-				_		-	+	\blacksquare		Baby		
13.30	Walker					USA	Baby	1 2/		ENTE							Baby			€ Ye						USA	Н-Нор		Sports		Jumper				
13.30	12-23 mo	Dance 1-3 yrs				U4	Dance 1-3 yrs	1		Primary 6							Dance 1-3 yrs			Primary 6							U7-18		Ú4/5		24-35 mo	Groove 3-5 yrs			
14.00						04	,	2-3 yrs									. , .									U4							2-3 yrs		
14.00		Baby				سوا		P-Ballet ^{1/2}		5-7 yrs	رما						Move&			5-7 yrs	روا					۔ ما					10		1	•	
14.30	Jumper 24-35	Dance				USA		*			USA						Groove				USA					USA	Move& Groove			\perp	USA	Stage	Sports U3	<u>-</u>	
14.30	mo	1-3 yrs				U5-7					U4						3-5 yrs				U4					U5-7	3-5 yrs			!	U4	U5-7	00	U5-9	
15.00 15.00								3-5 yrs PP/P						-		_							-						-	+	\vdash			J3-7	-
15.00	USA	Move&					Move&	1 2				Move&		1		USA	Stage				USA	Move&		RockFit		USA	Stage			!	USA	K-Pop	PP/P		
15.30		Groove 3-5 yrs					Groove 3-5 yrs	*				Groove 3-5 yrs		1			Studio					Groove 3-5 yrs		U7-18			Studio U5-7			+	U5-7	U7-18	# 1		
16.00	U5-7	3-3 yi s					- ,	5+ yrs				3-3 yı s		U5-9		U4	U5-7				U5-7	3-5 yrs				U8-18	00 /			!	05-7		5+ yrs U	J8-18	
16.00	ر ما					سعا		1 -								سما					la .	_									<u></u>		b/		
16.30	USA	Stage Studio				USA	Stage Studio	7			USA			-		USA	H-Hop		RockFi-		USA	Stage Studio		RockFi-		Parkour				!	USA	Н-Нор	7		
16.30	U8-18	U5-7				U8-18	U5-7	Gr.1			U5-7					U5-7	U7-18		tU8-18		U8-18	U5-7		tU5-7		7+ yrs	U7-18				U8-18	U7-18	Gr.1		
17.00								(Skill dep.)		03-7			U8-18																\perp			(Skill dep.)		
17.00 -									Broadway	y	USA	Stane		D I.F:		USA														!			1		
17.30 17.30		H-Hop U7-18					K-Pop U7-18		T			Stage Studio		RockFi- tU5-7					RockFi- tU5-7			K-Pop	Barre 8+ yrs										Fouda-		
17.30									1		U8-18	U5-7				U8-18			100-7			3, 10	8+ yrs										tion U8-18		
18.00									/)																								06-16		
18.30						U5-18 Parkour												nnaci																	
18.30											7+ yrs											8+ yrs				Dance Cardio Class, Mix of Zumba,									
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19.00 19.30																					re			re		_				Aero					
19.30	INIDE		PRESC	HOOL	: LEAF	N&P	LAY1	<u> L</u>	ARN&	PLAY	2 S	/ART C	LOGY	3 5	MART	<u>OLOG</u>	Y 4	KIN	DERGA	RTEN	: Při	mary 5	5	rimar	y 6	B	arre	+ (8+	& A	Jult19	/+) - [Pilat	es & B	Jallet	
20.00	INDE	-A:	G G	ymnas	tics 🚶	C he	erleadi	ing 🧍	Balle	et 🚽	Cont	empora	ry Dan	ce 🏌	Broad	way	₹ Da	ance	Tae	kwondo			p to 90	min clas	ss	in	spir	ed F	ull B	ody	Cond	ition	ing T	raining	g

NEW PROGRAM CLASSIFICATION & PROGRESSION





PESONA SQUARE 4 +6221 3970 3939

Fall Term Schedule Adult19+ Only

SCAN FOR E-SCHEDULE



<u>.</u> .	Monday		Tuesday			Wednesday				Thursday			Friday			Saturday	,	Sunday			
Time	Studio	Tennis	Ping Pong	Studio	Tennis	Ping Pong	Studio	Tennis	Ping Pong	Studio	Tennis	Ping Pong	Studio	Tennis	Ping Pong	Studio	Tennis	Ping Pong	Studio	Tennis	Ping Pong
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09.30																					
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10.30																					
11.00					Adult19+			Adult19+			Adult19+			Adult19+			Adult19+				
11.00				Barre+									Rock								
11.30				Adult									Jam								
11.30													Adult					1			
12.00				19+ yrs									19+ yrs					Adult19+			
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20.00 20.00

20.30

20.30 21.00







Adult19+

Pickleball | Ping Pong | Elite: up to 90 min class

Y Adult19+

Rock Jam (Teen & Adults) - High-impact Dance Cardio Class, Mix of Zumba, **Pound Fit, & Aerobic**

Barre+ (Teen & Adults) - Pilates & Ballet inspired Full Body Conditioning Training

NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT19+



















Stills Leveling.

CHAMPIONS Advance Level

CHALLENGERS Intermediate Level

> **FUTURES** Beginner Leve

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.

Termly Competition where teams of

Events&Competitions:





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

equal skill divisions compete against each other. **Ballet & Dance Leveling:**

CHAMPIONSHIPS 🖈



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