



PESONA SQUARE

+6221 3970 3939

Fall Term Schedule Jul 22nd until Oct 20th 2024

SCAN FOR
E-SCHEDULE



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday							
	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong	Studio 5	Sports	Tennis	PingPong				
08.00	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>ENJOY FREE PLAY!</p> <p>Play with your friends whenever there are no classes scheduled!</p> </div>																															
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INDEX: Basketball | Futsal | Tennis | Pickleball | Ping Pong | **Elite**: up to 90 min class

ENJOY FREE PLAY!

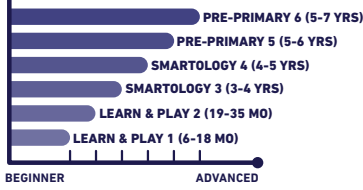
Play with your friends whenever there are no classes scheduled!

NEW PROGRAM CLASSIFICATION & PROGRESSION

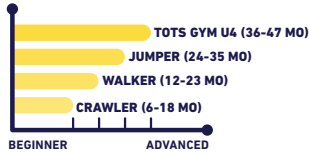
6-6
MO YRS

EARLY CHILDHOOD EDUCATION

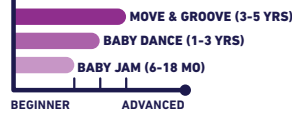
NEW ACADEMIC



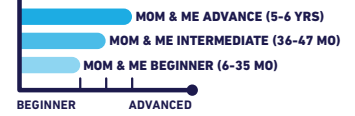
GYMNASTICS



DANCE



SWIMMING



BALLET



YOGA



MARTIAL ARTS



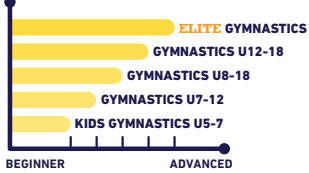
MULTI-SPORTS



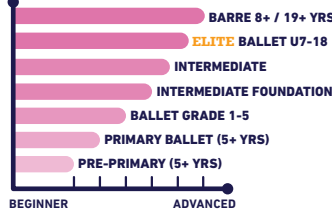
5-18
YRS

ACTIVITY CLASSES

GYMNASTICS



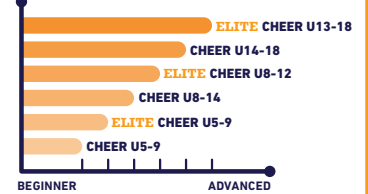
BALLET



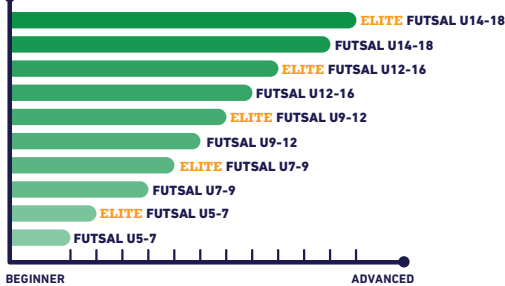
MARTIAL ARTS



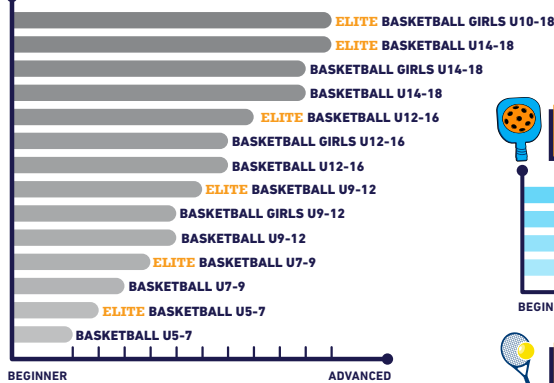
CHEERLEADING



FUTSAL



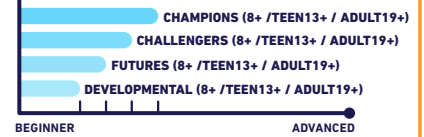
BASKETBALL



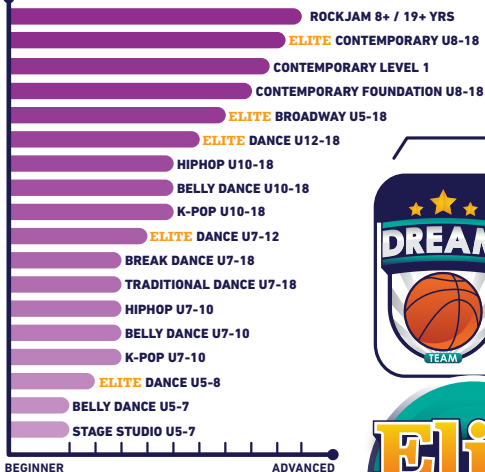
SWIMMING



PICKLEBALL



DANCE



NEW DREAM TEAM

BASKETBALL

DREAM TEAM

BASKETBALL U10
BASKETBALL U12
BASKETBALL U14
BASKETBALL U16

FUTSAL

DREAM TEAM

FUTSAL U6
FUTSAL U8
FUTSAL U10
FUTSAL U13

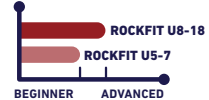
TENNIS



PING PONG



ROCKFIT



YOGA



PARKOUR



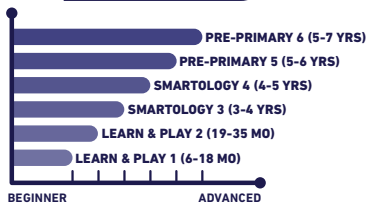
- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED
- CHECK WITH ELITE CLASS INSTRUCTOR

NEW PROGRAM CLASSIFICATION & PROGRESSION

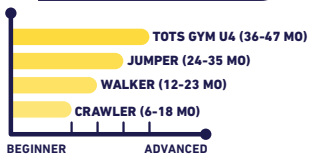
6-6
MO YRS

EARLY CHILDHOOD EDUCATION

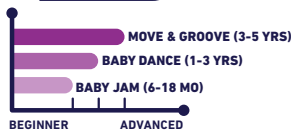
NEW ACADEMIC



GYMNASTICS



DANCE



SWIMMING



BALLET



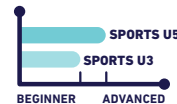
YOGA



MARTIAL ARTS



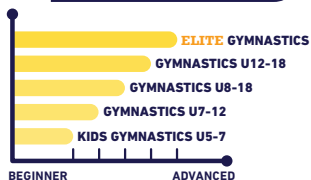
MULTI-SPORTS



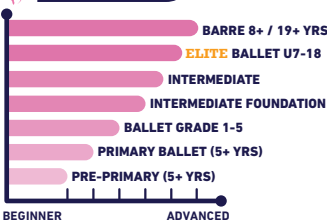
5-18
YRS

ACTIVITY CLASSES

GYMNASTICS



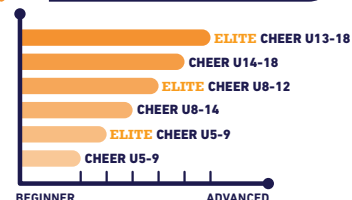
BALLET



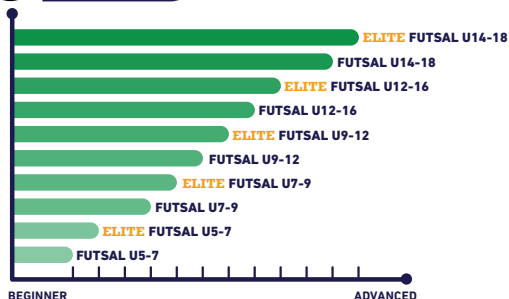
MARTIAL ARTS



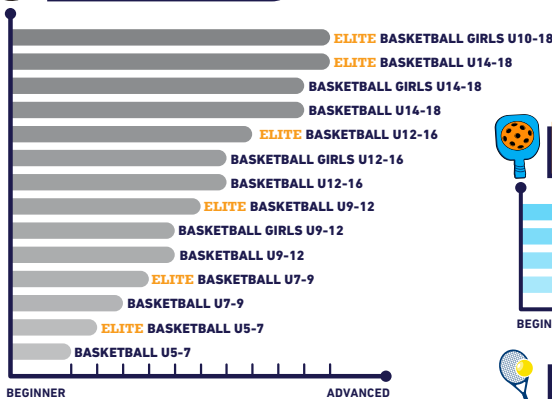
CHEERLEADING



FUTSAL



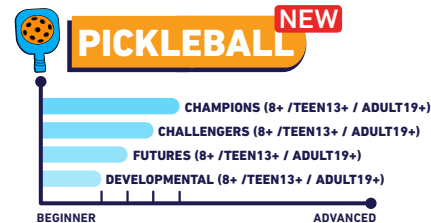
BASKETBALL



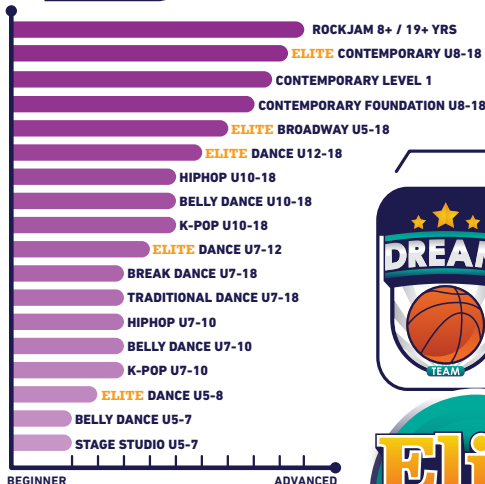
SWIMMING



PICKLEBALL



DANCE



NEW DREAM TEAM

BASKETBALL

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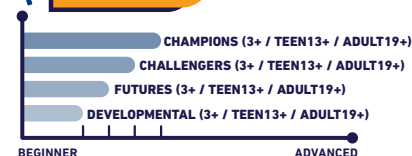
FUTSAL

- FUTSAL U6
- FUTSAL U8
- FUTSAL U10
- FUTSAL U13



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

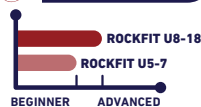
TENNIS



PING PONG



ROCKFIT



YOGA



PARKOUR





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Jul 22nd until Oct 20th 2024

Adult 19+ Only

SCAN FOR
E-SCHEDULE



Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	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
09.00																					
09.30																					
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10.30																					
11.00					Adult19+			Adult19+		Adult19+			Adult19+		Adult19+		Adult19+				
11.30																					
12.00					Barre+ Adult 19+ yrs								Rock Jam Adult 19+ yrs				Adult19+				
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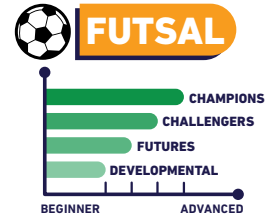
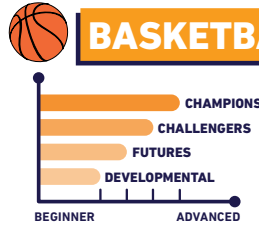
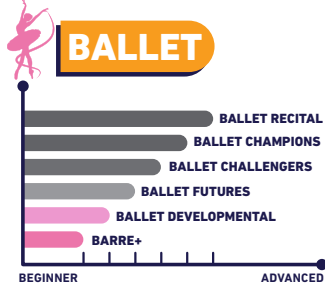
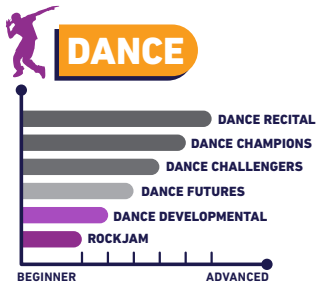
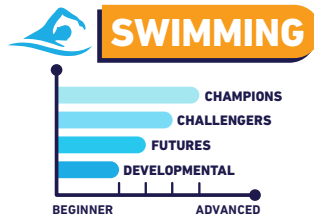
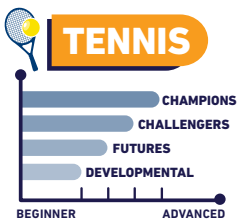
ENJOY FREE PLAY!
Play with your friends whenever there are no classes scheduled!

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

INDEX: Tennis | Pickleball | Ping Pong | **Elite**: up to 90 min class

NEW PROGRAM CLASSIFICATION & PROGRESSION

ADULT 19+



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:



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.

Dance Recital Ballet & Contemporary Recital

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 Adult 19+** : 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.