



# PESONA SQUARE

+6221 3970 3939

## 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				
	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	
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08.30	<b>NEW! Elite CHAMPIONSHIPS ADULT19+</b>																												
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21.00																													

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

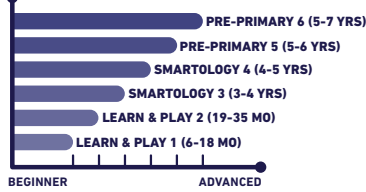
**REGISTRATION OPENS**  
**1<sup>ST</sup> APRIL 2025**



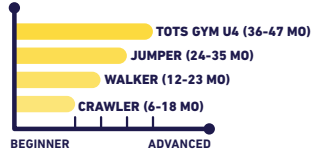
# NEW PROGRAM CLASSIFICATION & PROGRESSION

## 6-6 MO YRS EARLY CHILDHOOD EDUCATION

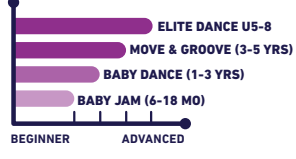
### NEW ACADEMIC



### GYMNASTICS



### DANCE



### SWIMMING



### BALLET



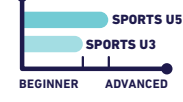
### YOGA



### MARTIAL ARTS

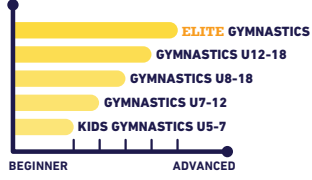


### MULTI-SPORTS

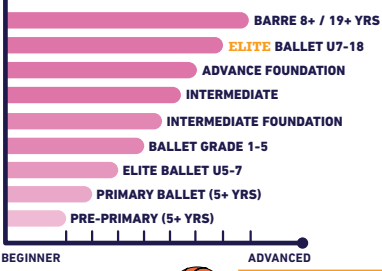


## 5-18 YRS ACTIVITY CLASSES

### GYMNASTICS



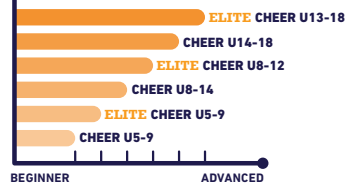
### BALLET



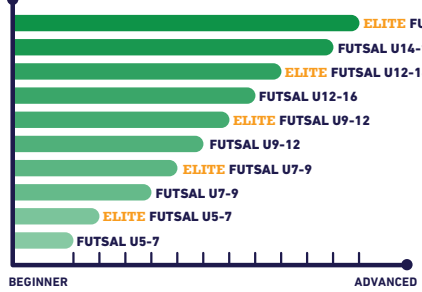
### MARTIAL ARTS



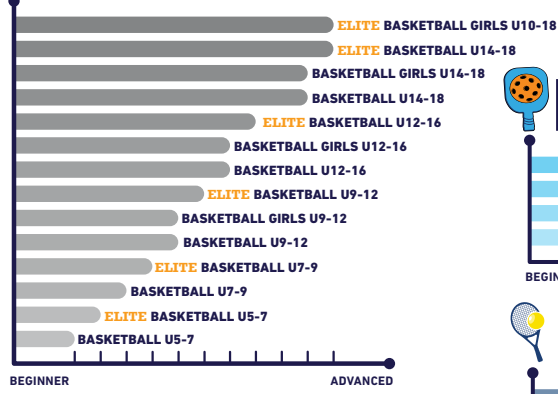
### CHEERLEADING



### FUTSAL



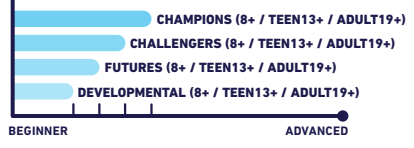
### BASKETBALL



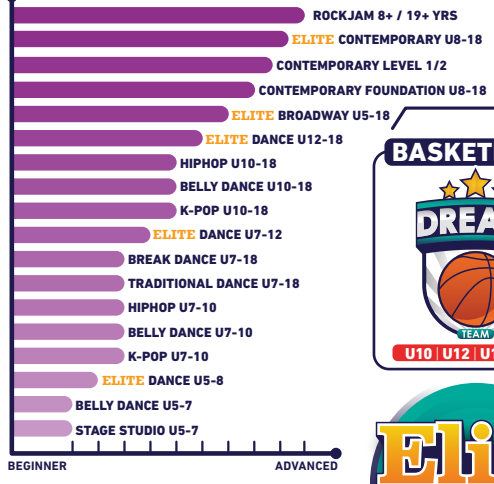
### SWIMMING



### PICKLEBALL



### DANCE



### NEW DREAM TEAM

#### BASKETBALL

U10 | U12 | U14 | U16

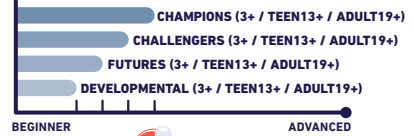
#### FUTSAL

U6 | U8 | U10 | U13

#### GYMNASTICS

LEVEL 3-10

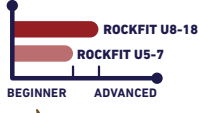
### TENNIS



### PING PONG



### ROCKFIT



### YOGA



### PARKOUR



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



# PESONA SQUARE

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## Spring Term Schedule

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

**Adult19+ Only**

SCAN FOR  
E-SCHEDULE



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	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong	Studio	Sports	Tennis	PingPong
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**NEW! Elite CHAMPIONSHIPS ADULT19+**

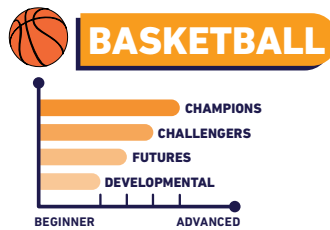
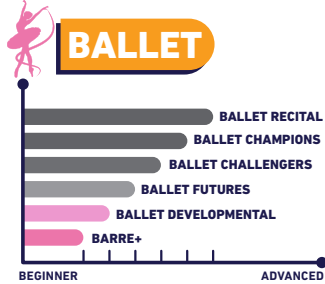
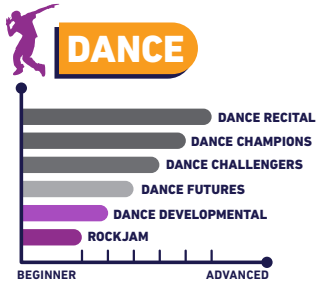
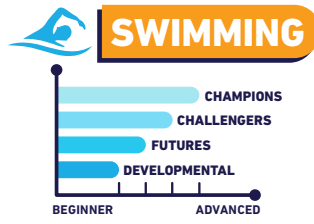
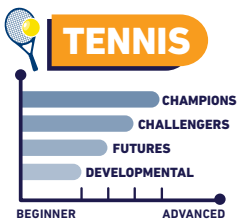
**REGISTRATION OPENS 1<sup>ST</sup> APRIL 2025**

**60 Min Class Ladder Play for ADULT19+**

An extension of regular classes, emphasizing competitive gameplay and strategic skill development.

# 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.