



# PESONA SQUARE

+6221 3970 3939

## Spring Term Schedule

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

Updated Feb 17<sup>th</sup>

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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Elite



U5-7

Elite



U9-16



3-7 yrs

REGISTRATION OPENS  
**APRIL 2025**

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



# NEW PROGRAM CLASSIFICATION & PROGRESSION

## 6-6 MO YRS EARLY CHILDHOOD EDUCATION

### NEW ACADEMIC

- PRE-PRIMARY 6 (5-7 YRS)
- PRE-PRIMARY 5 (5-6 YRS)
- SMARTOLOGY 4 (4-5 YRS)
- SMARTOLOGY 3 (3-4 YRS)
- LEARN & PLAY 2 (19-35 MO)
- LEARN & PLAY 1 (6-18 MO)

BEGINNER ADVANCED

### GYMNASTICS

- TOTS GYM U4 (36-47 MO)
- JUMPER (24-35 MO)
- WALKER (12-23 MO)
- CRAWLER (6-18 MO)

BEGINNER ADVANCED

### DANCE

- ELITE DANCE U5-8
- MOVE & GROOVE (3-5 YRS)
- BABY DANCE (1-3 YRS)
- BABY JAM (6-18 MO)

BEGINNER ADVANCED

### SWIMMING

- MOM & ME ADVANCE (5-6 YRS)
- MOM & ME INTERMEDIATE (36-47 MO)
- MOM & ME BEGINNER (6-35 MO)

BEGINNER ADVANCED

### BALLET

- ELITE BALLET U5-7
- PRE-BALLET 1/2 (3-5 YRS)
- BABY BALLET (2-3 YRS)

BEGINNER ADVANCED

### YOGA

- BABY YOGA (1-3 YRS)

BEGINNER ADVANCED

### MARTIAL ARTS

- INTRO TO MARTIAL ARTS U5-7

BEGINNER ADVANCED

### MULTI-SPORTS

- SPORTS U5
- SPORTS U3

BEGINNER ADVANCED

## 5-18 YRS ACTIVITY CLASSES

### GYMNASTICS

- ELITE GYMNASTICS
- GYMNASTICS U12-18
- GYMNASTICS U8-18
- GYMNASTICS U7-12
- KIDS GYMNASTICS U5-7

BEGINNER ADVANCED

### BALLET

- BARRE 8+ / 19+ YRS
- ELITE BALLET U7-18
- ADVANCE FOUNDATION
- INTERMEDIATE
- INTERMEDIATE FOUNDATION
- BALLET GRADE 1-5
- ELITE BALLET U5-7
- PRIMARY BALLET (5+ YRS)
- PRE-PRIMARY (5+ YRS)

BEGINNER ADVANCED

### MARTIAL ARTS

- ELITE TAEKWONDO
- TAEKWONDO WHITE-BLACK (6+ YRS)
- MIXED MARTIAL ARTS (6+ YRS)
- MUAY THAI (6+ YRS)
- POOMSAE (6+ YRS)

BEGINNER ADVANCED

### CHEERLEADING

- ELITE CHEER U13-18
- CHEER U14-18
- ELITE CHEER U8-12
- CHEER U8-14
- ELITE CHEER U5-9
- CHEER U5-9

BEGINNER ADVANCED

### FUTSAL

- ELITE FUTSAL U14-18
- FUTSAL U14-18
- ELITE FUTSAL U12-16
- FUTSAL U12-16
- ELITE FUTSAL U9-12
- FUTSAL U9-12
- ELITE FUTSAL U7-9
- FUTSAL U7-9
- ELITE FUTSAL U5-7
- FUTSAL U5-7

BEGINNER ADVANCED

### BASKETBALL

- ELITE BASKETBALL GIRLS U10-18
- ELITE BASKETBALL U14-18
- BASKETBALL GIRLS U14-18
- BASKETBALL U14-18
- ELITE BASKETBALL U12-16
- BASKETBALL GIRLS U12-16
- BASKETBALL U12-16
- ELITE BASKETBALL U9-12
- BASKETBALL GIRLS U9-12
- BASKETBALL U9-12
- ELITE BASKETBALL U7-9
- BASKETBALL U7-9
- ELITE BASKETBALL U5-7
- BASKETBALL U5-7

BEGINNER ADVANCED

### SWIMMING

- ELITE SWIMMING
- STROKE DEVELOPMENT L1-UP

BEGINNER ADVANCED

### PICKLEBALL

- CHAMPIONS (8+ / TEEN13+ / ADULT19+)
- CHALLENGERS (8+ / TEEN13+ / ADULT19+)
- FUTURES (8+ / TEEN13+ / ADULT19+)
- DEVELOPMENTAL (8+ / TEEN13+ / ADULT19+)

BEGINNER ADVANCED

### DANCE

- ROCKJAM 8+ / 19+ YRS
- ELITE CONTEMPORARY U8-18
- CONTEMPORARY LEVEL 1/2
- CONTEMPORARY FOUNDATION U8-18
- ELITE BROADWAY U5-18
- ELITE DANCE U12-18
- HIPHOP U10-18
- BELLY DANCE U10-18
- K-POP U10-18
- ELITE DANCE U7-12
- BREAK DANCE U7-18
- TRADITIONAL DANCE U7-18
- HIPHOP U7-10
- BELLY DANCE U7-10
- K-POP U7-10
- ELITE DANCE U5-8
- BELLY DANCE U5-7
- STAGE STUDIO U5-7

BEGINNER ADVANCED

### NEW DREAM TEAM

#### BASKETBALL

U10 | U12 | U14 | U16

#### FUTSAL

U6 | U8 | U10 | U13

#### GYMNASTICS

LEVEL 3-10

### TENNIS

- CHAMPIONS (3+ / TEEN13+ / ADULT19+)
- CHALLENGERS (3+ / TEEN13+ / ADULT19+)
- FUTURES (3+ / TEEN13+ / ADULT19+)
- DEVELOPMENTAL (3+ / TEEN13+ / ADULT19+)

BEGINNER ADVANCED

### PING PONG

- PING PONG ADULT19+
- PING PONG U8-18
- PING PONG U5-7

BEGINNER ADVANCED

### ROCKFIT

- ROCKFIT U8-18
- ROCKFIT U5-7

BEGINNER ADVANCED

### YOGA

- YOGA U7-18
- YOGA U5-7

BEGINNER ADVANCED

### PARKOUR

- ELITE PARKOUR (7+ YRS)
- PARKOUR (7+ YRS)

BEGINNER ADVANCED



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



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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



Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday			
	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+**

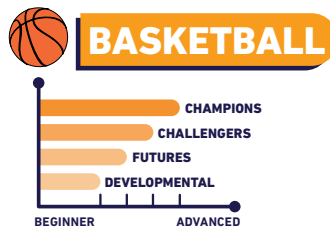
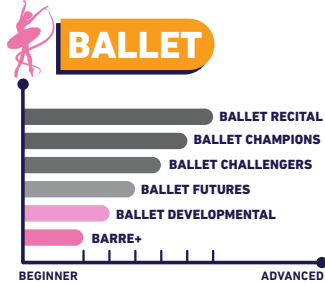
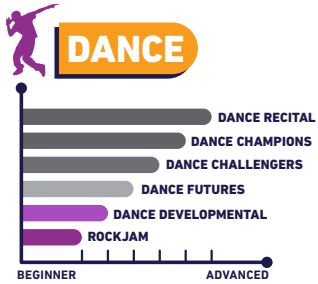
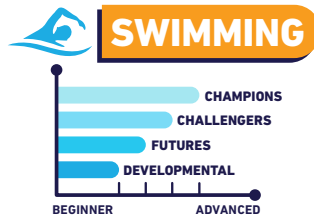
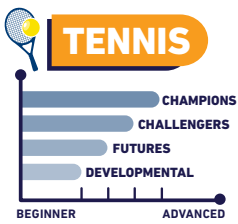
An extension of regular classes, emphasizing competitive gameplay and strategic skill development.

**INDEX:** Basketball | Futsal | Tennis | Pickleball | Ping Pong



# 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.