



# TROPICANA CITY MALL

## ACTIVITY CLASSES

Summer Term Schedule  
April 30<sup>th</sup> until July 29<sup>th</sup> 2018

Ph. 03-7733 4178  
rockstar-gym.com.my

Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
	G1	G2	3	4	5	G1	G2	3	4	5	G1	G2	3	4	5	G1	G2	3	4	5	G1	G2	3	4	5	G1	G2	3	4	5	G1	G2	3	4	5
10.00-10.30														Baby Dance 1-3 yrs												Jumper 24-35 mo					Jumper 24-35 mo				
11.00-11.30											Walker 12-23 mo					Jumper 24-35 mo													Baby Dance 1-3 yrs					Baby Dance 1-3 yrs	
12.00-12.30																		Baby Dance 1-3 yrs	Baby Dance 1-3 yrs		Crawler 6-11 mo					Walker 12-23 mo		S.Studio U7	Baby Ballet 2-3 yrs					Baby Yoga 1-3 yrs	
13.00-13.30	Crawler 6-11 mo																	Move & Groove 3-5 yrs	Baby Ballet 2-3 yrs					Baby Dance 1-3 yrs		Jumper 24-35 mo	U7	Move & Groove 3-5 yrs	PP/P Ballet 5+ yrs	Walker 12-23 mo		Yoga U7		RockFit U7	
14.00-14.30			Baby Dance 1-3 yrs			Jumper 24-35 mo										U4					Jumper 24-35 mo					U4	U7	Baby Dance 1-3 yrs	H-Hop U12/U16	PP/P Ballet 5+ yrs	U7	Yoga U12/U16	Move & Groove 3-5 yrs		
15.00-15.30						U4		Baby Dance 1-3 yrs						Move & Groove 3-5 yrs				Martial Arts 4-7 yrs	P-Ballet 1/2 3-5 yrs									Martial Arts 4-7 yrs	Martial Arts 4-7 yrs	P-Ballet 1/2 3-5 yrs	U4	U7			
16.00-16.30	U7		H-Hop U12/U16			U7	Yoga U12/U16	Move & Groove 3-5 yrs			U4	U7				U7	Tkd. 6+ yrs		PP/P Ballet 5+ yrs		U12			S.Studio U7		U12	Tkd. 6+ yrs		<b>NEW Elite</b> Dance U7	U12/U16	U12			S.Studio U7	
17.00-17.30	U12		<b>NEW Elite</b> Dance U7			U7	U12	Yoga U7	Tkd. 6+ yrs		U12			S.Studio U7		U12	Tkd. 6+ yrs	S.Studio U7	Ballet Gr.1 5+ yrs		U16					U7	Tkd. 6+ yrs		<b>NEW Elite</b> Dance U7	U7	U12	U12		H-Hop U12/U16	
18.00-18.30						<b>NEW Elite</b> U12/U16		H-Hop U12/U16	Martial Arts 4-7 yrs		U12/U16			<b>NEW Elite</b> Dance U12/U16										RockFit U12/U16		U12	Tkd. 6+ yrs		Dance U12/U16	U12/U16					
19.00-19.30						U12/U16																													
19.30-20.00																																			

INDEX: Gymnastics | Cheerleading | Basketball | Futsal | Tennis | **Elite** : up to 90 min class

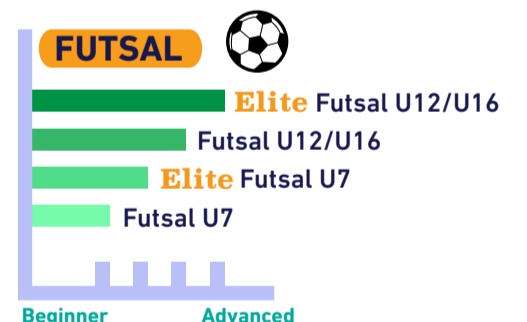
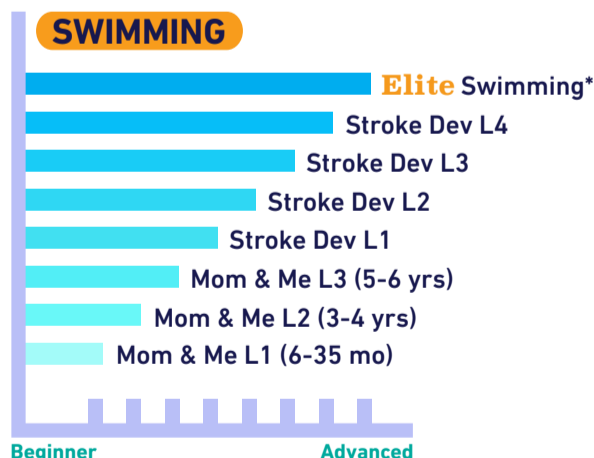
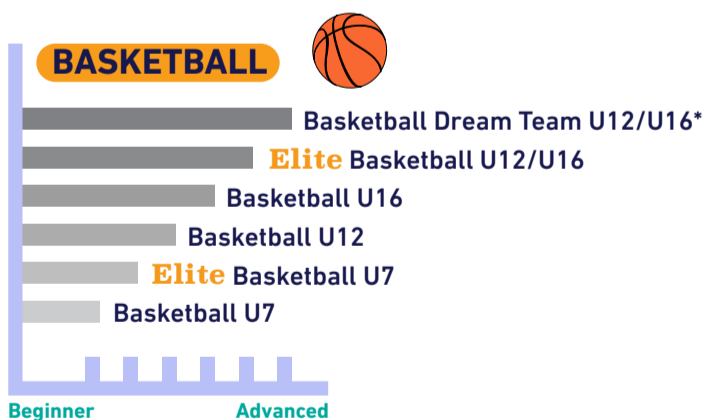
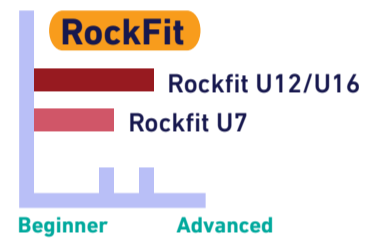
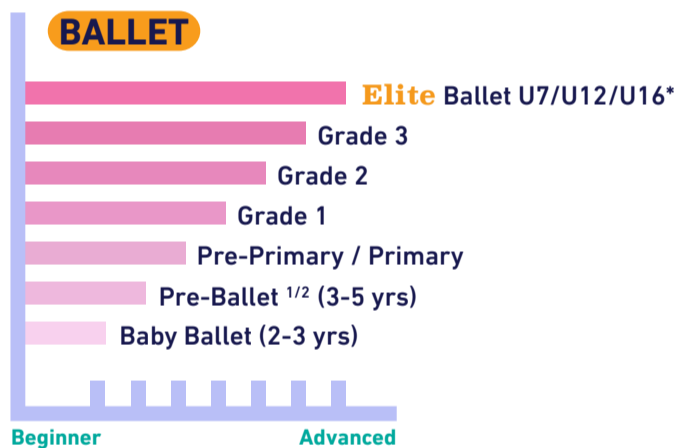
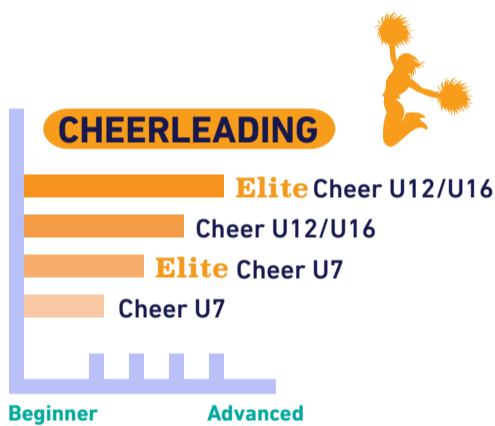
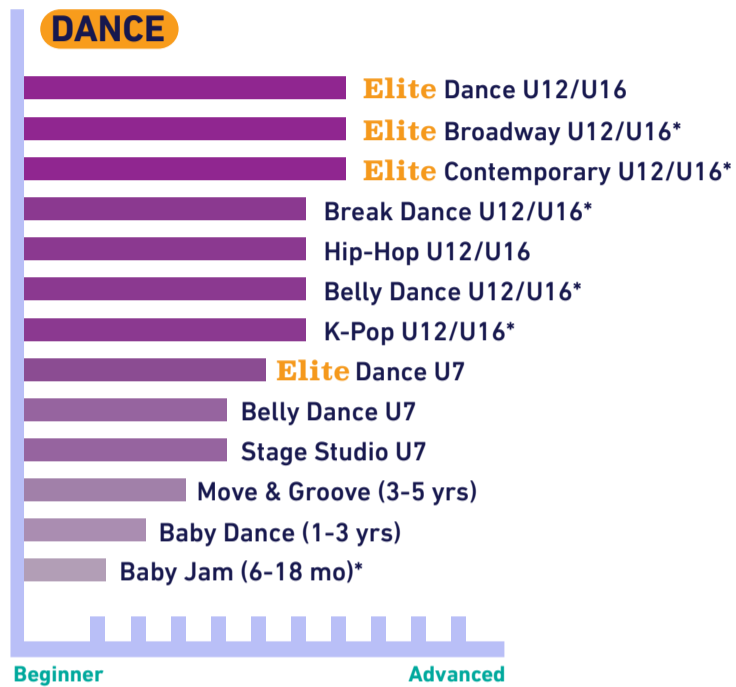
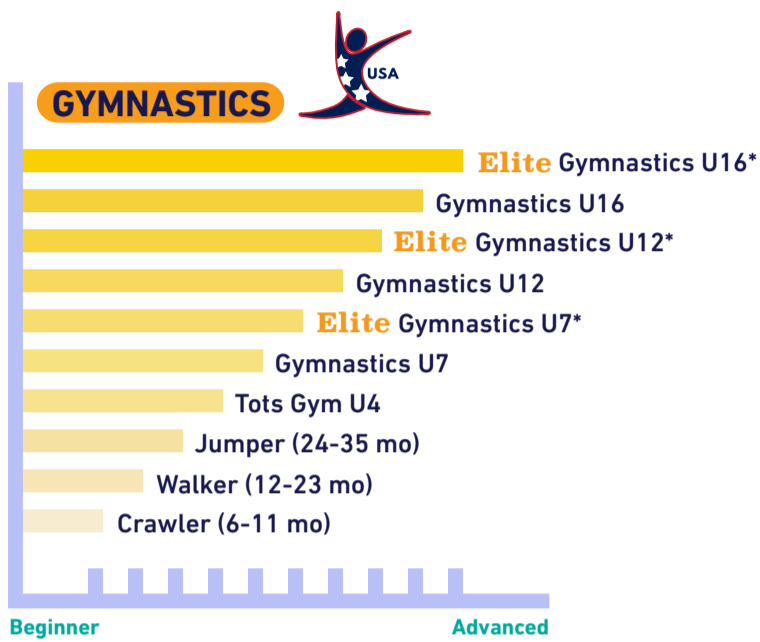
# NEW PROGRAM CLASSIFICATION & PROGRESSION

## AGE GROUP

4-7 yrs  
U7

6-12 yrs  
U12

11-16 yrs  
U16



Elite : up to 90 min class

\*COMING SOON IN 2018

## RULES

STUDENTS  
TAP & GO



# TROPICANA CITY MALL

## SPORTS CLASSES

Summer Term Schedule  
April 30<sup>th</sup> until July 29<sup>th</sup> 2018

Ph. 03-7733 4178  
rockstar-gym.com.my

Time	Monday Sports 1	Tuesday Sports 1	Wednesday Sports 1	Thursday Sports 1	Friday Sports 1	Saturday Sports 1	Sunday Sports 1
10.00 - 10.30							
10.30 - 11.00							
11.00 - 11.30							
11.30 - 12.00						U7	
12.00 - 12.30							
12.30 - 13.00						U12/U16	U7
13.00 - 13.30							
13.30 - 14.00							U12/U16
14.00 - 14.30						<b>NEW Elite</b>	
14.30 - 15.00			U7				U7
15.00 - 15.30						U12/U16	
15.30 - 16.00	U7					<b>NEW Elite</b>	U7
16.00 - 16.30							
16.30 - 17.00	U12/U16		U12/U16			U7	U7
17.00 - 17.30	<b>NEW Elite</b>						
17.30 - 18.00		U7	U7	U7	U7	U12/U16	U12/U16
18.00 - 18.30	U7						<b>NEW Elite</b>
18.30 - 19.00			U12/U16	U12/U16	U12/U16	U7	
19.00 - 19.30	U12/U16						U12/U16
19.30 - 20.00							

**INDEX:**

- Gymnastics
- Cheerleading
- Basketball
- Futsal
- Tennis
- Elite** : up to 90 min class

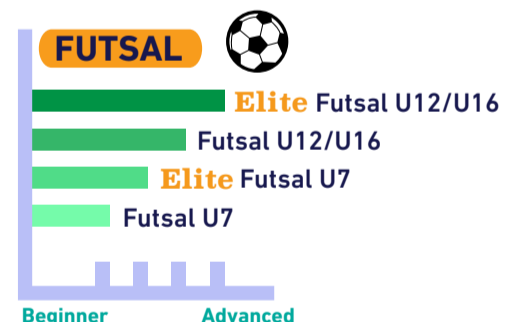
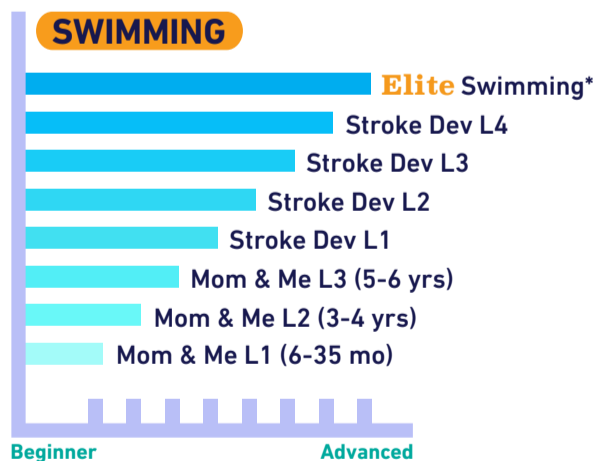
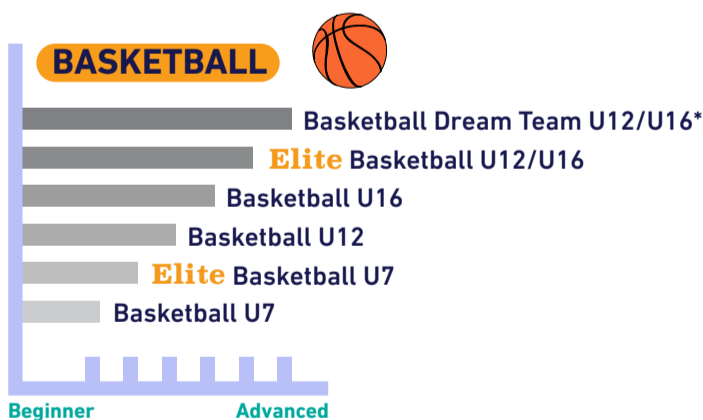
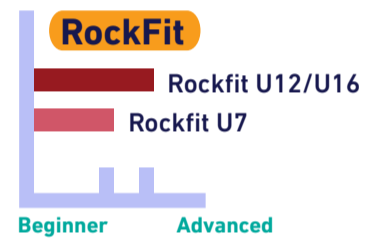
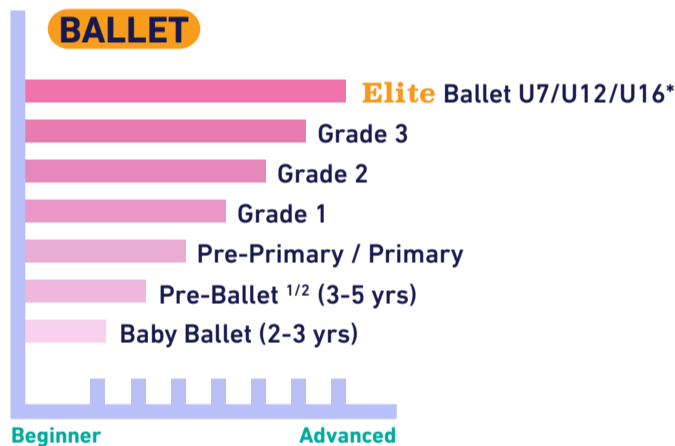
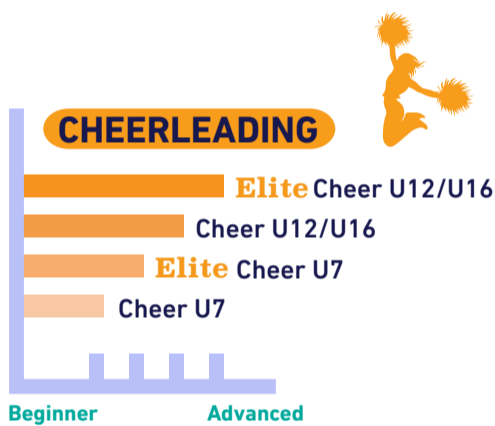
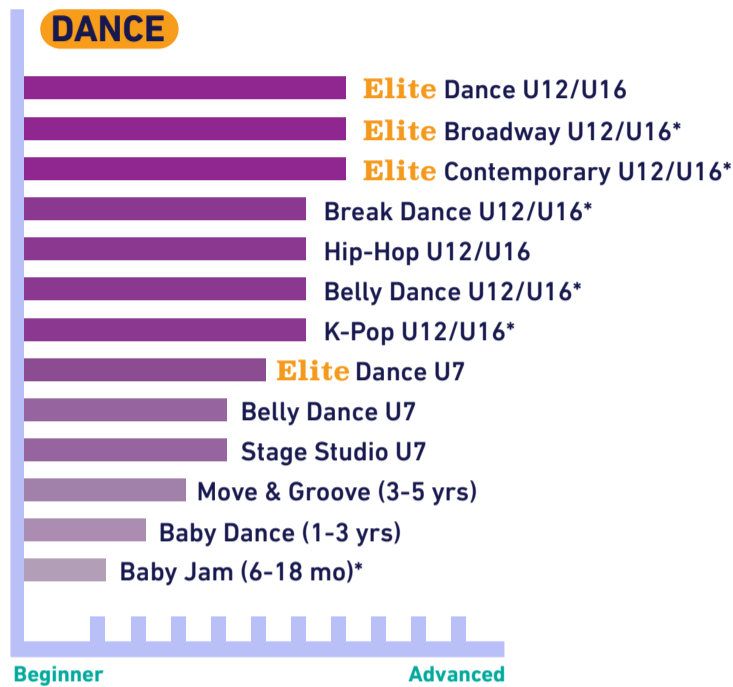
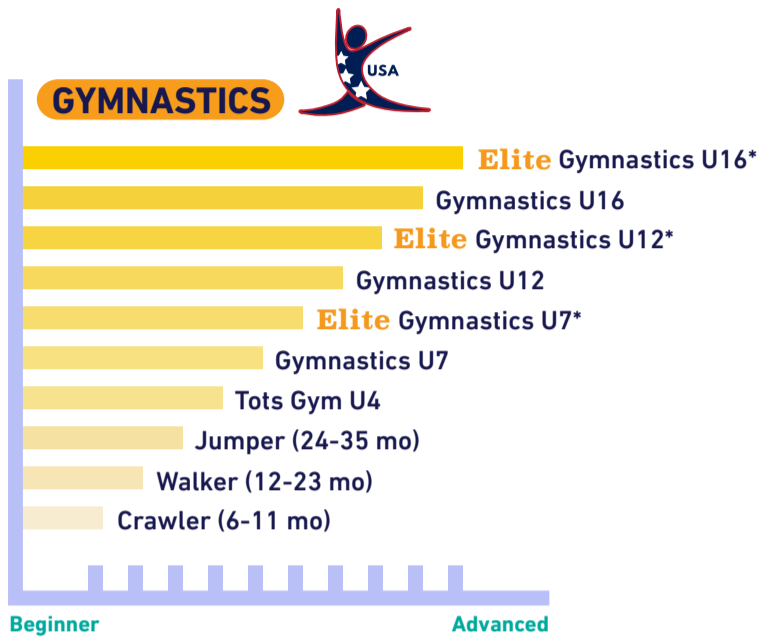
# NEW PROGRAM CLASSIFICATION & PROGRESSION

## AGE GROUP

4-7 yrs  
U7

6-12 yrs  
U12

11-16 yrs  
U16



Elite : up to 90 min class

\*COMING SOON IN 2018

## RULES

STUDENTS  
TAP & GO