



THE MINES

ACTIVITY CLASSES

Winter Term Schedule

Oct 30th 2017 until Jan 28th 2018

Ph. 03-8959 2080
rockstar-gym.com.my

Time	Monday				Tuesday				Wednesday				Thursday				Friday				Saturday				Sunday							
	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3	G	1	2	3
10:00					Crawler 6-11 mo		Baby Dance 1-3 yrs		Walker 12-23 mo				Walker 12-23 mo						Baby Dance 1-3 yrs		Walker 12-23 mo		Baby Dance 1-3 yrs		Walker 12-23 mo		Baby Dance 1-3 yrs		Jumper 24-35 mo			
11:00					Jumper 24-35 mo						Baby Dance 1-3 yrs				Baby Dance 1-3 yrs		Jumper 24-35 mo				Jumper 24-35 mo						Baby Yoga 1-3 yrs				Baby Dance 1-3 yrs	
12:00											Baby Ballet 2-3 yrs					Baby Yoga 1-3 yrs							Gym L1 6-12 yrs						Baby Ballet 2-3 yrs		Tkd. 6+ yrs	
13:00																	Tots 3-4 yrs						Gym L1 4-7 yrs		Move & Groove 3-5 yrs	Yoga L1 6+ yrs	Gym L1 6-12 yrs	PP/P Ballet 5+ yrs		Martial Arts 4-7 yrs		
14:00											P-Ballet 1/2 3-5 yrs					Yoga L1 4-7 yrs					Move & Groove 3-5 yrs		Tots 3-4 yrs			Yoga L1 4-7 yrs		PP/P Ballet 5+ yrs	Move & Groove 3-5 yrs	Tkd. 6+ yrs		
15:00		P-Ballet 1/2 3-5 yrs	S. Studio 4-7 yrs				S. Studio 4-7 yrs		Tots 3-4 yrs		Rock- Jam 4-7 yrs				Move & Groove 3-5 yrs		Gym L1 4-7 yrs				Gym L1 6-12 yrs		S. Studio 4-7 yrs		Gym L1 6-12 yrs	P-Ballet 1/2 3-5 yrs		Tkd. 6+ yrs				
16:00	Gym L1 4-7 yrs	PP/P Ballet 5+ yrs	Move & Groove 3-5 yrs		Gym L1 4-7 yrs		S. Studio 6-12 yrs		Gym L1 6-12 yrs	PP/P Ballet 5+ yrs			Gym L1 4-7 yrs			Yoga L1 6+ yrs					S. Studio 6-12 yrs	Martial Arts 4-7 yrs	Cheer L1 4-7 yrs	H-Hop L1 6+ yrs		Tots 3-4 yrs	Ballet Gr. 1 5+ yrs	S. Studio 6-12 yrs				
17:00	Gym L1 6-12 yrs	Cheer L1 4-7 yrs		Martial Arts 4-7 yrs	Gym L1 6-12 yrs					Ballet Gr.1 5+ yrs	S. Studio 4-7 yrs		Gym L1 6-12 yrs		Rock- Jam 4-7 yrs		Gym L1 6-12 yrs	H-Hop L1 11+ yrs			Gym L1 4-7 yrs	Cheer L1 7-12 yrs	Rock- Jam 4-7 yrs		Gym L1 4-7 yrs			Rock- Jam 4-7 yrs				
18:00		Cheer L1 6-12 yrs		Tkd. 6+ yrs											S. Studio 6-12 yrs		Gym L1 11+ yrs						Tkd. 6+ yrs				RockFit 6+ yrs			Rock- Jam 6-12 yrs		

WHAT'S NEW?

IMPROVE FASTER
ALL AGES • ALL GENRES

PRIVATE INSTRUCTION
10 sessions

ONE ON ONE SEMI PRIVATE

BENEFITS

Individualized Coaching
FOCUSED ON KID'S OWN SKILLS
DEVELOP MORE CONFIDENCE
Flexible Schedule

ROCKJAM

4-7 YEARS 6+ YEARS 11+ YEARS

ELECTRIFYING DANCE MOVEMENT
TRENDING MUSIC
COMPLETE BODY WORKOUT
REPEATED CHOREOGRAPHY
CARDIO DANCE

School Holiday Program

WINTER CAMP
4-15 December 2017

GYMNASTICS • DANCE • ROCKFIT • FUTSAL • BASKETBALL • MARTIAL ARTS • GAMES

3 CLASSES / DAY | MONDAY TO FRIDAY | 9:00 AM - 12:00 PM | 4-15 YEARS OLD

A fun, active & healthy holiday starts here

Members RM88 / Non-Members RM98

CLASSIFICATION OF CLASSES

Gymnastics	Dance	Ballet	Martial Arts	Yoga & Fit	Futsal	Basketball	Tennis	Swimming
Crawler 6-11 months	Baby Dance 1-3 years	Baby Ballet 2-3 years	Intro to MA 4-7 years	Baby Yoga 1-3 years	Futsal U7	Basketball U7	Tennis U7	M&M Beginner 6-35 months
Walker 12-23 months	Move n Groove 3-5 years	Pre-Ballet 1/2 3-5 years	Taekwondo White 6+ years	Yoga 4-7 years	Futsal U12	Basketball U12	Tennis U12	M&M Intermediate 3-4 years
Jumper 24-35 months	Stage Studio 4-7 years	Pre-Primary/Primary Ballet 5+ years	Taekwondo Yellow-Black 6+ years	Yoga 6-12 years	Futsal U16	Basketball U16	Tennis U16	M&M Advance 5-6 years
Tots Gym 3-4 years	RockJam 4-7 years	Ballet Grade 1-8 5+ years	Taekwondo Elite By Audition	Yoga 11+ years				Stroke Development L1-up
Kids Gym L1 4-7 years	RockJam 6+ years							
Kids Gym L2-up 4-7 years	Stage Studio 6-12 years							
Tween Gym L1 6-12 years	HipHop Beg. 7+ years							
Tween Gym L2-up 6-12 years								
Teen Gym 11+ years								

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For Further Information
Visit Our Website

www.rockstar-gym.com.my

RULES



BE THERE
10 MINUTES
BEFORE
THE CLASS

WEAR

**A PROPER
OUTFIT**



TAP YOUR CARD BEFORE
YOU START THE CLASS.

HAVE FUN!

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