



THE MINES

ACTIVITY CLASSES

Summer Term Schedule
April 30th until July 29th 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
10.00 - 10.30							Baby Dance 1-3 yrs		Walker 12-23 mo							Baby Yoga 1-3 yrs			Baby Dance 1-3 yrs		Walker 12-23 mo		Baby Dance 1-3 yrs		Jumper 24-35 mo			
11.00 - 11.30					Jumper 24-35 mo						Baby Dance 1-3 yrs				Baby Dance 1-3 yrs		Jumper 24-35 mo				Jumper 24-35 mo			Yoga U12/U16			Baby Dance 1-3 yrs	
12.00 - 12.30											Baby Ballet 2-3 yrs										U12/U16			Baby Yoga 1-3 yrs	Crawler 6-11 mo	Baby Ballet 2-3 yrs		Tkd. 6+ yrs
13.00 - 13.30																	U4				U7		Move & Groove 3-5 yrs	Yoga U12/U16	U12	PP/P Ballet 5+ yrs		Martial Arts 4-7 yrs
14.00 - 14.30			Move & Groove 3-5 yrs								P-Ballet 1/2 3-5 yrs				Yoga U7				Move & Groove 3-5 yrs		U4		Yoga U7			PP/P Ballet 5+ yrs	Move & Groove 3-5 yrs	Tkd. 6+ yrs
15.00 - 15.30		P-Ballet 1/2 3-5 yrs	S. Studio U7				S. Studio U7		U4	PP/P Ballet 5+ yrs	RockFit U7				Move & Groove 3-5 yrs		U7				U12		S. Studio U7		U12	P-Ballet 1/2 3-5 yrs		Tkd. 6+ yrs
16.00 - 16.30	U7	PP/P Ballet 5+ yrs			U7	H-Hop U12/U16			U12/U16	Ballet Gr.1 5+ yrs			U7		Yoga U12/U16		NEW Elite Dance U7	Martial Arts 4-7 yrs	U12/U16	U7	U4	H-Hop U12/U16		U7	U4	Ballet Gr.1 5+ yrs	H-Hop U12/U16	
17.00 - 17.30	U12	U7		Martial Arts 4-7 yrs	U12				U12/U16		S. Studio U7		U12/U16	U7	H-Hop U12/U16		U12/U16		Tkd. 6+ yrs		U7	U12/U16		Rock-Fit U12/U16	U7		S. Studio U7	
18.00 - 18.30	NEW Elite U7			Tkd. 6+ yrs										U12/U16										NEW Elite U12/U16				
19.00 - 19.30																												NEW Elite Dance U12/U16

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

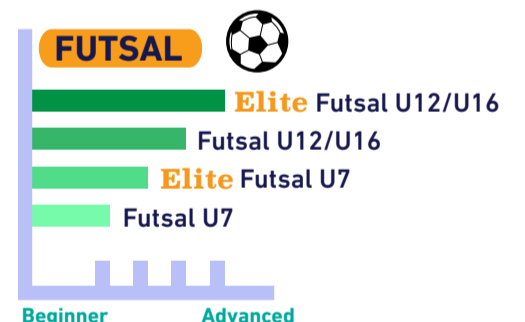
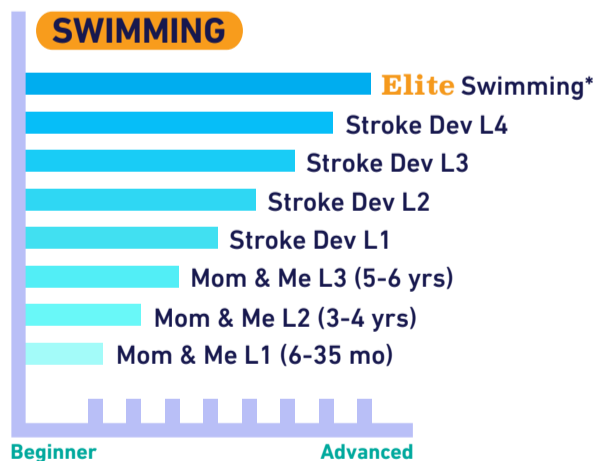
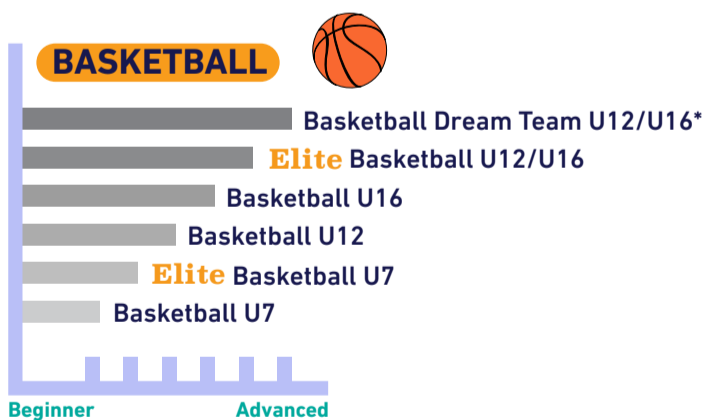
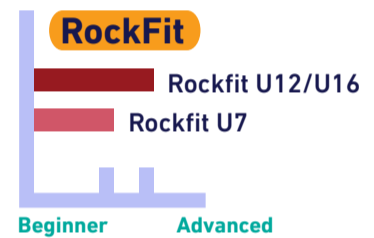
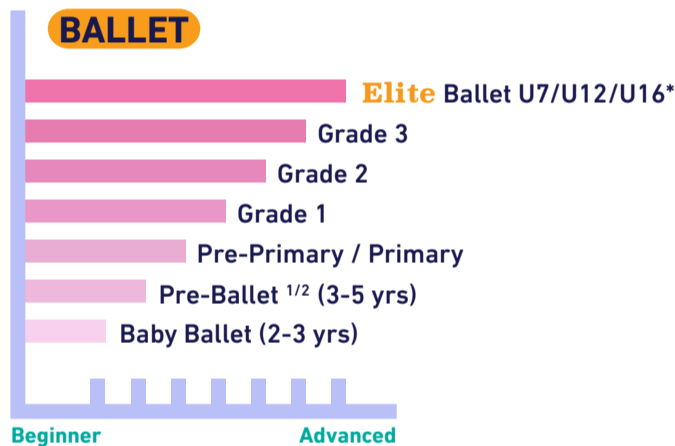
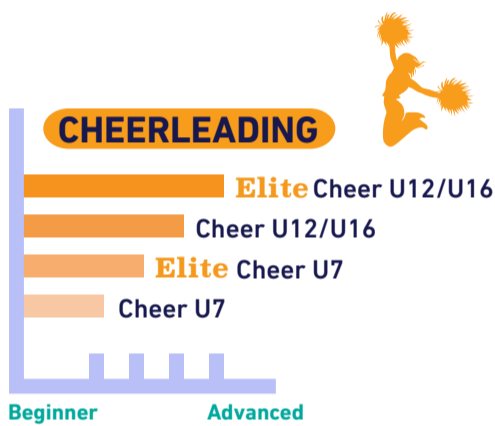
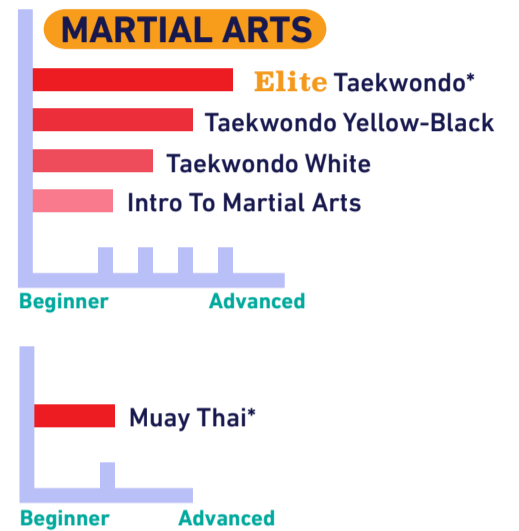
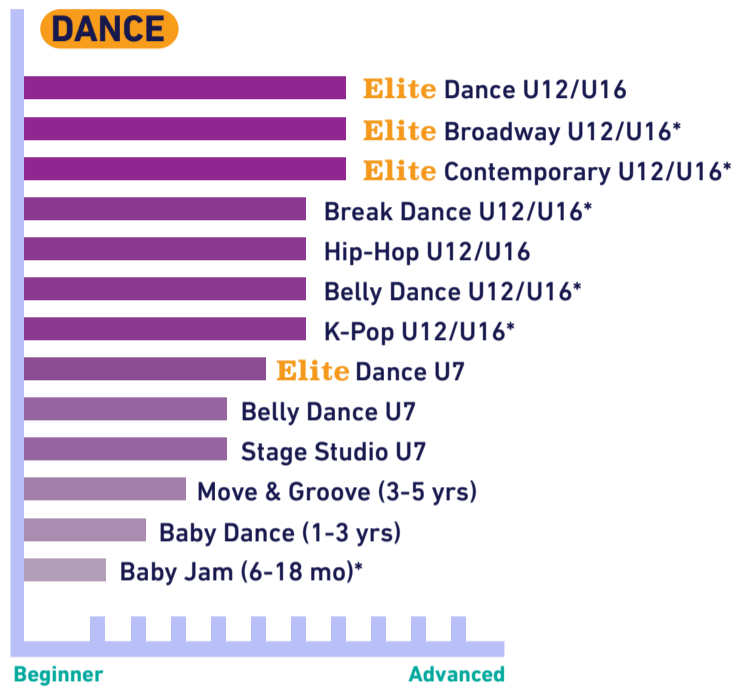
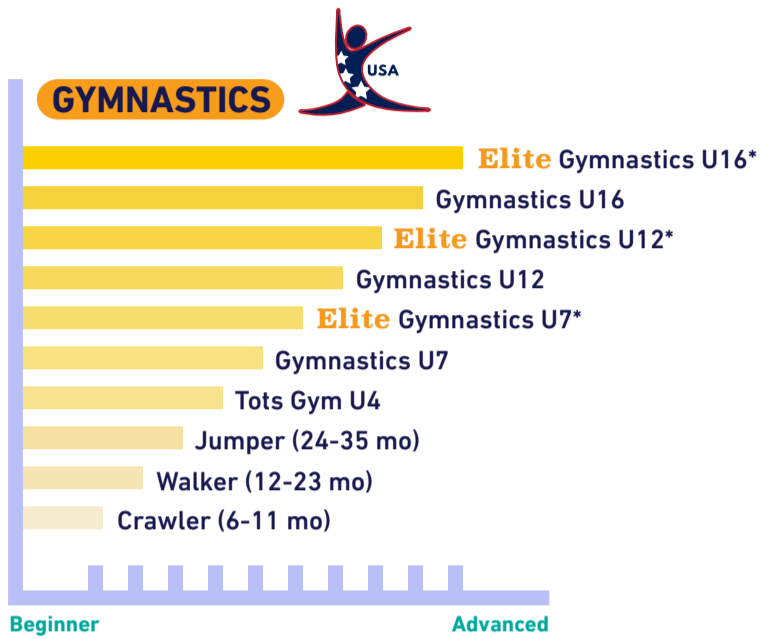
NEW PROGRAM CLASSIFICATION & PROGRESSION

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



THE MINES

SPORTS CLASSES

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April 30th until July 29th 2018

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	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	Sports 1	Sports 2	Swim	
10.00																						
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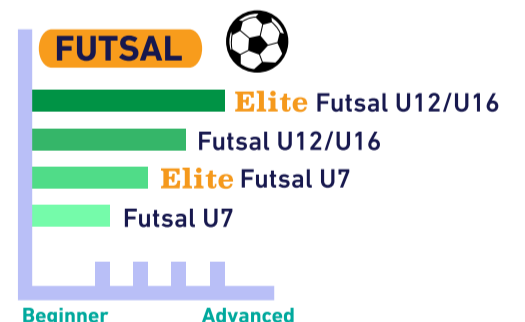
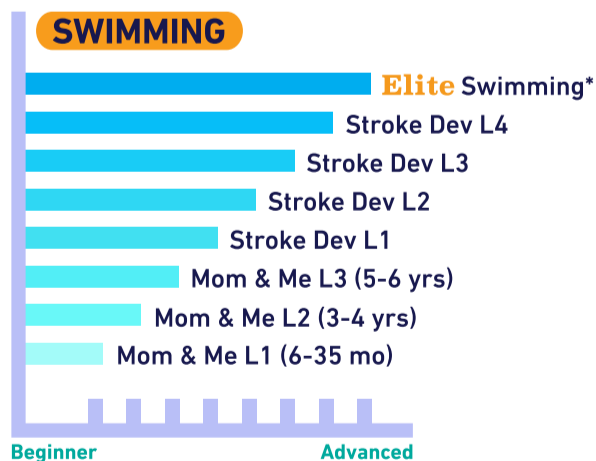
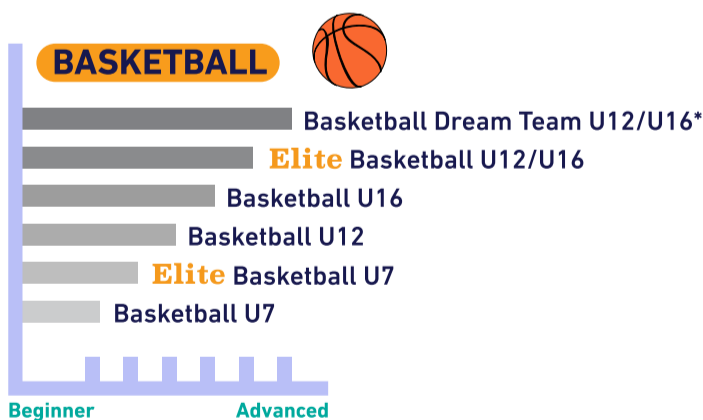
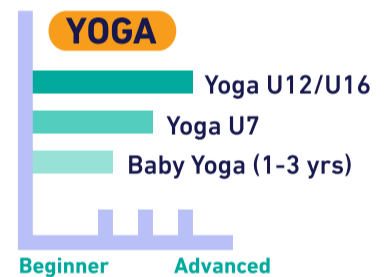
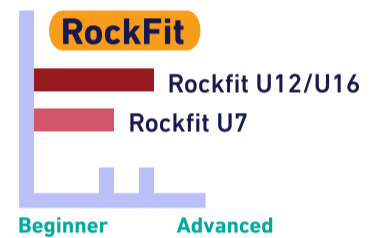
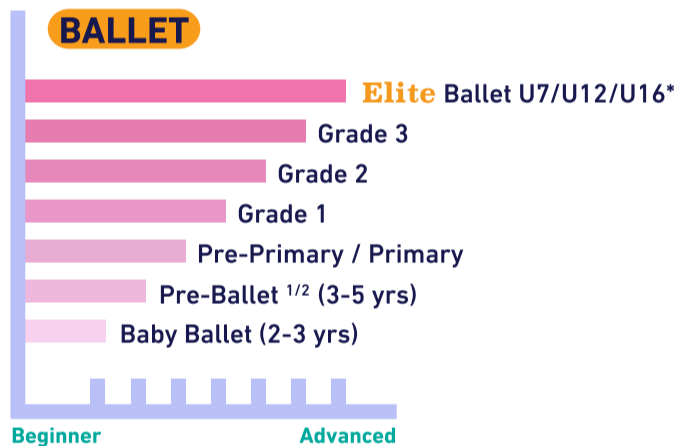
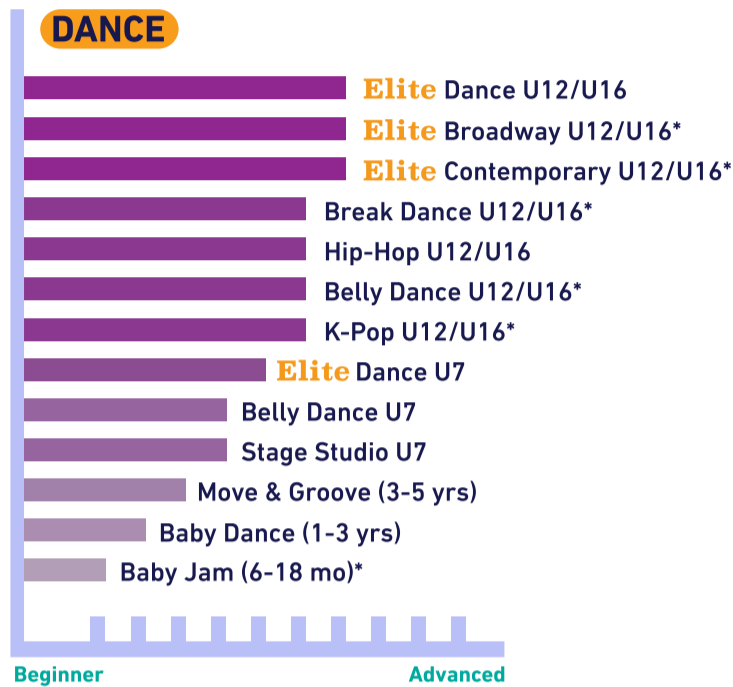
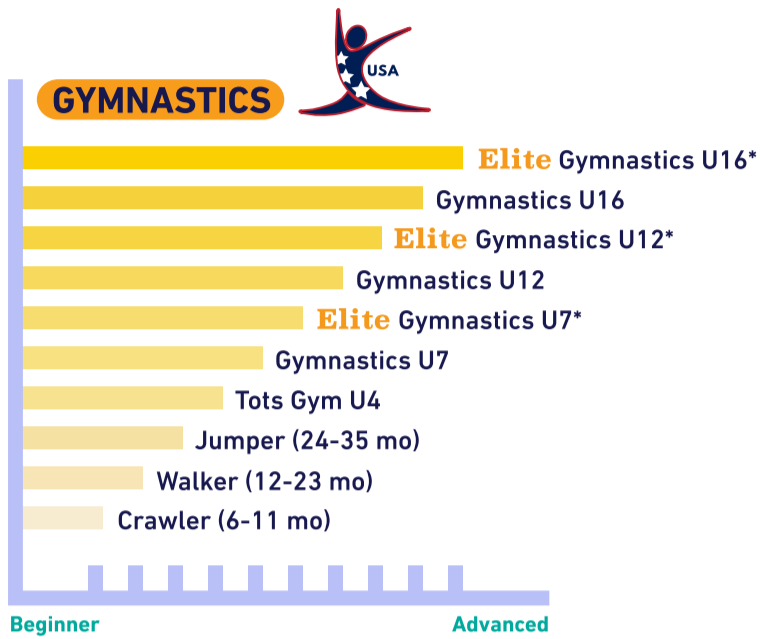
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