

# HAMPTON SQUARE SERPONG

**4** +6221 3971 3400

# Sample Schedule

#### SCAN FOR E-SCHEDULE



	Monday						Tuesday					Wednesday					1	Thursda	ay				Friday				S	aturda	ıy		Sunday				
Time	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4	G	1	2	3	4
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08.30 08.30																																		$\rightarrow$	
09.00																																			
09.00								I - A D N										I =A DVI																	
09.30					Primary			&PLAY							Primary			&PLAY																	
09.30 10.00					5&6			1 6-18 mo							5&6			<b>1</b> 6-18 mo																	
10.00					5-7 yrs										5-7 yrs			6-18 mo																	
10.30						Crawler	1	&PLAY			Walker					Crawler	Baby	&PLAY								Walker					Walker				
10.30						6-18 mo		2			12-23 mo					6-18 mo	Dance 1-3 vrs	2								12-23 mo					12-23 mo				
11.00								19-35 mo									,	&PLAY 2 19-35 mo																	
11.00	USA				SMART OLOGY	lumner	Baby	Baby Jam	C		Jumper	Bahy			SMART OLOGY	Jumper	Baby				Jumper						Baby					Baby			
11.30 11.30					4	Jumper 24-35	Baby Dance 1-3 yrs	6-18	Sports U4/5		24-35	Dance			4	24-35	Jam 6-18				24-35						Dance					Dance	-	$\rightarrow$	
12.00	U4				4-5 yrs	mo	1-3 yrs	mo			mo	1-3 yrs			4-5 yrs	mo	mo				mo						1-3 yrs					1-3 yrs			
12.00					CVAD:										SMADT											L									
12.30					SMART OLOGY	Walker 12-23			Sports			Sports U3			SMART OLOGY	Walker 12-23	Sports					Baby Dance		Sports U3		USA			Sports		Jumper 24-35	Sports			
12.30					3 3-4 yrs	mo			U3			U3			3 3-4 yrs	mo	U3					1-3 yrs		U3	-	U4			U3		mo	U4/5			
13.00					3-4 yi S										5 4 yı 5																				
13.00	Walker					USA			Baby		USA					USA			Baby		Walker			_		lumper									
13.30 13.30	12-23	Sports U3					-	-	*	Primary							Sports U4/5		*	Primary	12-23			Sports U4/5		24-35	K-Pop U7-18		Sports U4/5		USA	Sports U3			
14.00	mo					U4			/\ 2-3 yrs	5&6	U4					U4			/\ 2-3 yrs	5&6	mo					mo			0 ., 0		U4				
14.00	ء ما								P-Ballet1/2	5-7 yrs									P-Ballet <sup>1/2</sup>	5-7 yrs	1.					_									
14.30	USA	Baby Dance					Martia Arts		*			Sports					Move& Groove		*		USA					USA	Move& Groove					Move& Groove			
14.30		1-3 yrs					4-7 yrs	;	7			U4/5					3-5 yrs		7		U4	•				U5-7	3-5 yrs					3-5 yrs			
15.00 15.00									3-5 yrs					46					3-5 yrs		04													$\rightarrow$	
15.30	Jumper	Move&				USA	Muay Thai		Move&			Move&				USA	Martial		PP/P		USA	Move& Groove		RockFit		USA	Stage Studio		-		USA	Stage			
15.30	24-35	Groove				_	Thai 6+yrs		Groove 3-5 yrs		USA	Move& Groove 3-5 yrs		1			Arts 4-7 yrs		*			Groove 3-5 yrs		U7-18	-		Studio U5-7		1		U5-7	Stage Studio U5-7			
15.30 16.00	IIIO	3-5 yrs				U5-7	Отуга		5 5 yi 5		U5-7	3-3 yi 3		U5-9		U5-7	4-7 yrs		5+ yrs		U5-7	3-3 yrs				00-10			U5-9		05-7	03-7			
16.00	la .								PP/P		ء ما					۔ ما	Museu				ر وا	Ctago									ر ما				
16.30	USA	Sports U4/5				USA	H-Hop U7-18		*		USA	Stage Studio U5-7				USA	Muay Thai		H-Hop U7-18		USA	Stage Studio		RockFit	F	arkour	H-Hop		-		USA	K-Pop U7-18			
16.30	U5-7	04/5				U8-18	•		<u>_</u> 7\		U8-18	U5-7		U8-18		U8-18	6+yrs		U7-18		U8-18	U5-7		U5-7		/ + yı 5	U7-18		U8-18		U8-18	07-16			
17.00 17.00						30-10			5+ yrs					00-18															06-18						
17.00 17.30 17.30	USA	Stage Studio					Tkd.				Parkour	K-Pon					Tkd. □ ■				Parkour	r K-Pop													
17.30		Studio U5-7					[] - <b>[</b> 6+ yrs				7+ yrs	U7-18					[] - <b>[</b> 6+ yrs				7+ yrs	U7-18													
18.00	U8-18						O+ yrs	<u>'</u>									- ,																	$\rightarrow$	
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21.00	INDEX: Gymnastics Cheerleading K Ballet Contemporary Dance B Broadway Dance Taekwondo Elite: up to 90 min class																	1																	
	Symmostics   Total Contemporary Dance   A Diodaway   Contemporary Dance   Talkwolldo   Dance   Talkwolldo   Dance   Dance   Talkwolldo   Dance   Dance																																		



# HAMPTON SQUARE SERPONG

**4** +6221 3971 3400

INDEX: Basketball Futsal Formal Pickleball Ping Pong Elite: up to 90 min class

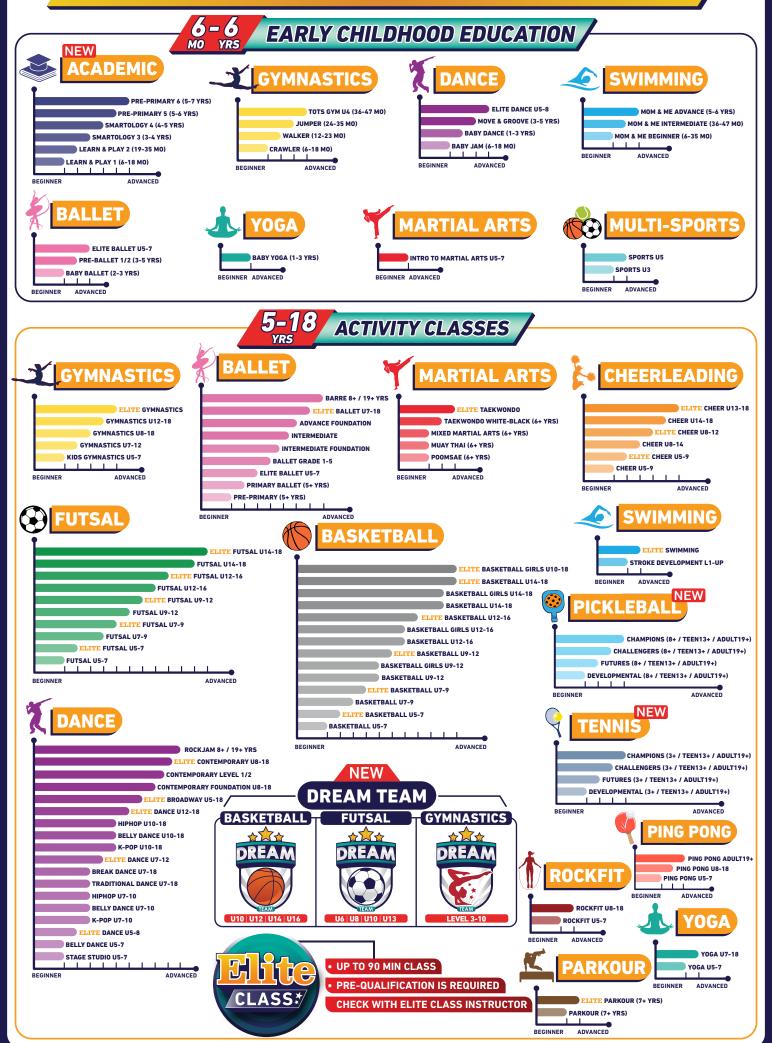
# Sample Schedule

SCAN FOR E-SCHEDULE



		Monday			Tuesday		Wednesday				Thursday			Friday			Saturday		Sunday			
Time	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	Sports	Tennis & PB	Ping Pong	
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14.00																U5-7	3-7 yrs	U8-18	U5-7	8-18 yrs		
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14.30												i					Y	1	_	1		
15.00	U5-7			U5-7			U5-7			U5-7						U9-18	8-18 yrs	U5-7	U9-18	3-7 yrs		
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15.30	U5-7	3-7 yrs		U5-7			U5-7			U5-7			U5-7			U5-7	U9-18	Adult19+	U9-18			
16.00 16.00		3-7 yrs				<u> </u>						<u>~</u>					07-10	&				
16.30	<b>③</b>			15				Q		1			<b>③</b>	Q				LADDER PLAY				
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17.00	U9-18			U9-18	3-7 yrs	U8-18	U9-18	3-7 yrs		U9-18	3-7 yrs	U8-18	U5-7	8-18 yrs		U9-18	Adult19+		U5-7	Adult19+		
17.00							<b>A</b>					<u> </u>					&			&		
17.30	1																LADDER			LADDER		
17.30	_	T					U9-18			_	1		_				PLAY			PLAY		
18.00	U9-18	U9-18		U9-18	8-18 yrs	U5-7	07-10	U9-18		U9-18	8-18 yrs	U5-7	U9-18	3-7 yrs								
18.00							AFC)															
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18.30 19.00		Adult19+			U9-18		Adult19+	8-18 yrs				Adult19+	U9-18	Adult19+								
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20.30								LADDER					MATCH				\i\	Not F	inal	sched	ule)	
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21.00				1 @	1.4		1 🕋															

# **NEW PROGRAM CLASSIFICATION & PROGRESSION**





# HAMPTON SQUARE SERPONG +6221 3971 3400

# Sample Schedule |

SCAN FOR E-SCHEDULE



Adult19+ Only

					\																									
	Monday						Tuesday				Wednesday				Thursday				Friday					Saturday				Sunday		
Time	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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11.30							PLAY								PLAY															
12.00																														
12.00																														
12.30																														
12.30		ADULT194 60 min of Drills and Technique training, followed by Ladder Play.																												
13.00 13.00																			-											
14.00		LADDER 6 Past-paced 60-minute match play where the																												
14.00		PLAY Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder.																												
15.00		GEOTY Willing/losing team moves up/aown the ladder.																												
15.00	IIV	MATCH Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.																												
15.30	_ 7																													
15.30 16.00																			A 4 - 140											
16.00	<u>— Ч</u>	MATCH PLAY	<b>CE</b>	60 M																			_	Adult19+						
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## **NEW PROGRAM CLASSIFICATION & PROGRESSION**

### ADULT19+

















## PING PONG CHAMPIONS CHALLENGERS DEVELOPMENTAL

## Stills Leveling

**CHAMPIONS** Advance Level

**CHALLENGERS** Intermediate Level

> **FUTURES** Beginner Leve

DEVELOPMENTAL Introductory Level

#### 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.

#### **Barret**

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.

CHAMPIONSHIPS 🖈

Events&Competitions:







An Annual stage showcase featuring variety of arts performed in front of an audience.

#### **Ballet & Dance Leveling:**

Termly Competition where teams of

equal skill divisions compete against each other.



Developmental : Introduction level will help to discover your passion and potential.

: Learn fundamentals & build a strong foundation. **Futures** 

Challengers : Elevate your skills, refined techniques & challenge yourself.

: Embark on a journey of artistry, mastering complex choreography & routines. Champions

Recital Adult19+ : 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.

: Dive into the game basics, build a strong foundation & be part of developmental team. **Futures** 

: Introduction level will help you ease into the game, discovering your passion and potential. Developmental