





# HAMPTON SQUARE SERPONG

+6221 3971 3400

Summer Term Schedule  
20<sup>th</sup> Apr until 19<sup>th</sup> Jul 2026

Updated May 18<sup>th</sup>

SCAN FOR  
E-SCHEDULE



Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday					
	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong	Sports	Tennis & Pickleball	Ping Pong			
08.00	<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>ENJOY FREE PLAY!</b></p> <p>Play with your friends whenever there are no classes scheduled!</p> </div>																							
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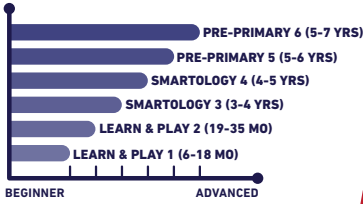
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

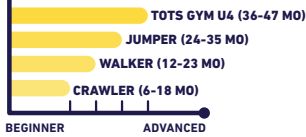
## EARLY CHILDHOOD EDUCATION

**NEW!**

### ACADEMIC



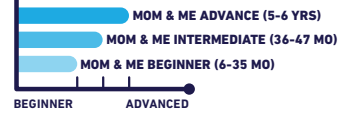
### GYMNASTICS



### DANCE



### SWIMMING

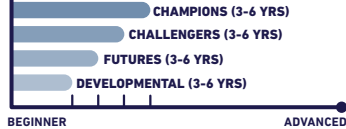


### BALLET



**NEW!**

### TENNIS



### MARTIAL ARTS



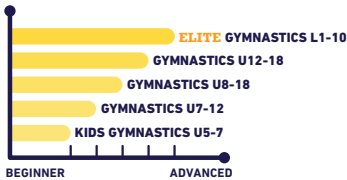
### MULTI-SPORTS



**5-18**  
YRS

## ACTIVITY CLASSES

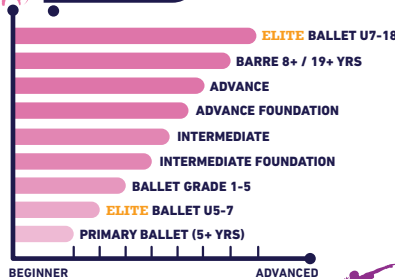
### GYMNASTICS



### SWIMMING



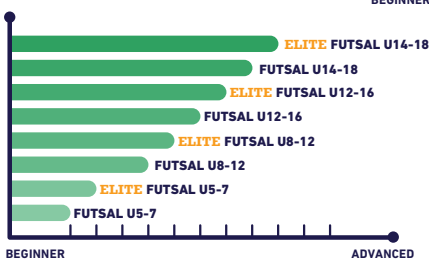
### BALLET



### CHEERLEADING



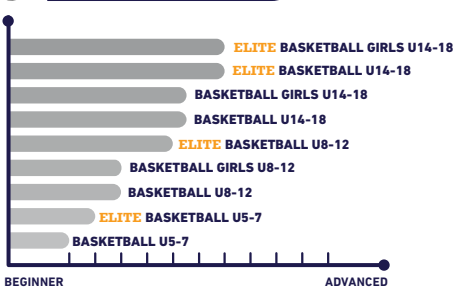
### FUTSAL



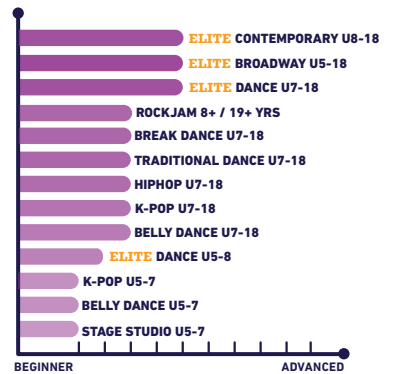
### PARKOUR



### BASKETBALL

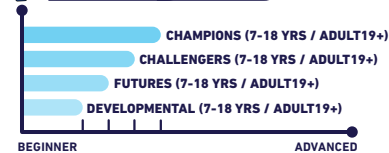


### DANCE



**NEW!**

### PICKLEBALL



## NEW DREAM TEAM

**BASKETBALL**

U10 | U12 | U14 | U16

**FUTSAL**

U6 | U8 | U10 | U13

**GYMNASTICS**

LEVEL 3-10

**NEW!**

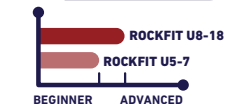
### PING PONG



### MARTIAL ARTS



### ROCKFIT



### TENNIS



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



# HAMPTON SQUARE SERPONG

+6221 3971 3400

## Summer Term Schedule

20<sup>th</sup> Apr until 19<sup>th</sup> Jul 2026

# ADULT19+

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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## 30 Days

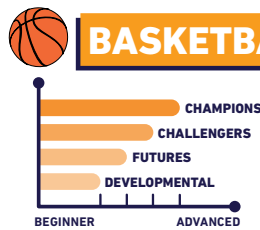
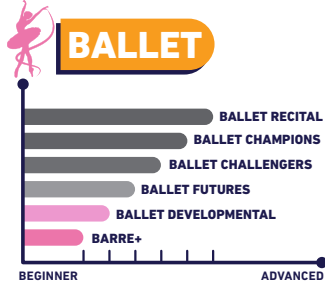
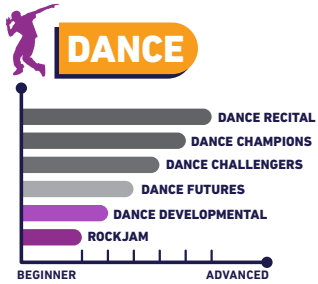
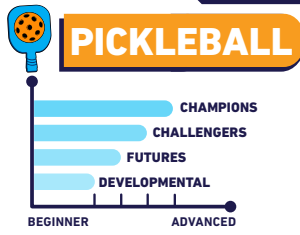
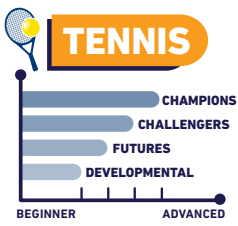
### Free Trial for ADULT19+

Ajak teman, rekan kerja, atau anggota keluarga anda untuk menikmati 30 hari Kelas Gratis! Penawaran ini berlaku selama Summer Term 2026 & anda diharuskan untuk hadir pada saat penukaran.

- INDEX: Basketball | Futsal | 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.