

HAMPTON SQUARE SERPONG

C +6221 3971 3400

Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

SCAN FOR E-SCHEDULE



Updated Dec 1st

		M	londay			Tuesday					Wednesday				Thursday					Friday					Saturday				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	4
08.00																												10			EAR		
08.30 08.30																											ורע	焒	乃	PER	KFOK	MING ARTS	y
09.00																										נעע		다음			ALL QFUTSAL		
09.00 - 09.30								LEARN										LEARN &PLAY														Kindergarte	
09.30					Primary			&PLAY		Primary					Primary			&PLAY		Primary					Primary	- /CI	<u>iamp</u>	<u>IUNS</u>	HIPS**/	GMNASTICS PICKLEBAL			,
10.00					5&6			6-18 mo		5&6					5&6			6-18 mo		5&6					5&6				/				
10.00					5-7 yrs	Crawler		LEARN		5-7 yrs			LEARN		5-7 yrs	Craular		LEARN		5-7 yrs					5-7 yrs								
10.30						6-18		LEAN &PLAY 2			Walker 12-23		LEARN & PLAY 2			6-18	Baby Dance	&PLAY 2								Walker 12-23				Walker 12-23			
10.30 - 11.00						mo		19-35 mo			mo		19-35 mo			mo	1-3 yrs	&PLAY 2 19-35 mo								mo				mo			
11.00	la a				CMADE					CVADT			1110		SMART		Raby	1110		CVADI					SMART								
11.30	USA				OFOOI	Jumper 24-35	Baby Dance	Baby Jam 6-18	Sports	OLOGY	Jumper 24-35	Baby Dance			SMART OLOGY	Jumper 24-35	Jam			OFFO	Jumper 24-35				SMART OLOGY		Baby Dance				Baby Dance		
11.30 12.00	U4				4 4-5 yrs	mo	Dance 1-3 yrs	mo	U4/5	4 4-5 yrs	mo	1-3 yrs			4 4-5 yrs	mo	6-18 mo			4 4-5 yrs	mo				4 4-5 yrs		1-3 yrs				1-3 yrs		
12.00					•															4 5 yi 5													
12.30					SMART OLOGY	Walker 12-23			Sports	SMART OLOGY		Sports			SMART OLOGY	Walker 12-23	Sports					Baby		Sports	SMART OLOGY	USA			Sports	Jumper			
12.30					3	mo			U3	OLOGY 3		U3			3	12-23 mo	Sports U3					Dance 1-3 yrs		U3	3	U4			U3	24-35 mo			
13.00					3-4 yrs					3-4 yrs					3-4 yrs										3-4 yrs	04							
13.00 13.30	Walker					USA					USA					USA			Baby		Walker					lumner				USA		Baby	
13.30	Walker 12-23	Sports U3			Primary					Primary					Primary	_			*	Primary	12-23			Sports U4/5		Jumper 24-35 mo	K-Pop U7-18		Sports U4/5				
14.00	mo				5&6	U4				5&6	U4				5&6	U4			2-3 yrs	5&6	mo				5&6	1110				U4		2-3 yrs	
14.00	روا	Б.			5-7 yrs		M			5-7 yrs					5-7 yrs				P-Ballet	5-7 yrs	ر ما				5-7 yrs	۔ ما						P-Ballet	
14.30		Baby Dance					Martial Arts					Sports U4/5					Move& Groove		*		USA					USA	Move& Groove				Move& Groove		
14.30 15.00	U4	1-3 yrs					4-7 yrs					04/0					3-5 yrs		/\ 3-5 yrs		U4					U5-7	3-5 yrs				3-5 yrs	3-5 yrs	
15.00																1.			Primary		1.					سوا			•	ہ ما		3-3 yrs	
15.30	Jumper	Move&				USA	Muay Thai	-	Move& Groove		USA	Move& Groove				USA	Martial	Sports U4/5	K		USA	Move& Groove				U8-18	Stage Studio		-	USA			
15.30	mo	Groove 3-5 yrs				U5-7	6+yrs		3-5 yrs		U5-7	3-5 yrs				U5-7	4-7 yrs	U4/5	*		U5-7	3-5 yrs				U8-18	U5-7			U5-7			
16.00 16.00								U5-9											5+ yrs										U5-9			Primary	
16.30	USA	Sports				!		L			USA	Stage Studio				USA	Muay Thai				USA	Stage Studio		RockFit		Parkour			-	USA		3	
		U4/5				USA		-			U8-18					U8-18	6+yrs				U8-18	U5-7		U5-7		7+ yrs				U8-18		 ≰	
16.30 17.00	U5-7					U8-18		U8-18			00-10					00-10					00-10								U8-18	00-10		5+ yrs	
17.00 17.30		Stage					Tkd.	Broad way			D==1.==						Tkd.				Parkour												
17.30		Stage Studio - U5-7					■	1 L			Parkour 7+ yrs	K-Pop U7-18					[] - [7+ yrs												
17.30 	U8-18	03-7					6+ yrs	A									6+ yrs																
18.00								/) U5-18																									
18.30 18.30								05-18																									
19.00																																	
19.00																																	
19.30 19.30																																	
20.00						2165	47.55																	re						CISTERNOW!			
20.00	INDE	χ.	PRESC	HOOL	: LEAF	N&P	LAY 1	1 15	ARN&I	PLAY	2 SMARTOLOGY3 SMARTO						OLOGY4 KINDERGARTEN					mary 5		rima:	ry 6				الما	عالك			R
21.00			G y	ymnast	ics 🛭 🥻	Che	erleadi	ng 🛚 🧍	Balle	t 🖪	Cont	Contemporary Dance Roadwa				vay 🥀 Dance 🌱 Taekwondo																	



HAMPTON SQUARE SERPONG

4 +6221 3971 3400

INDEX: Basketball Futsal | Tennis | Pickleball | Ping Pong

Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

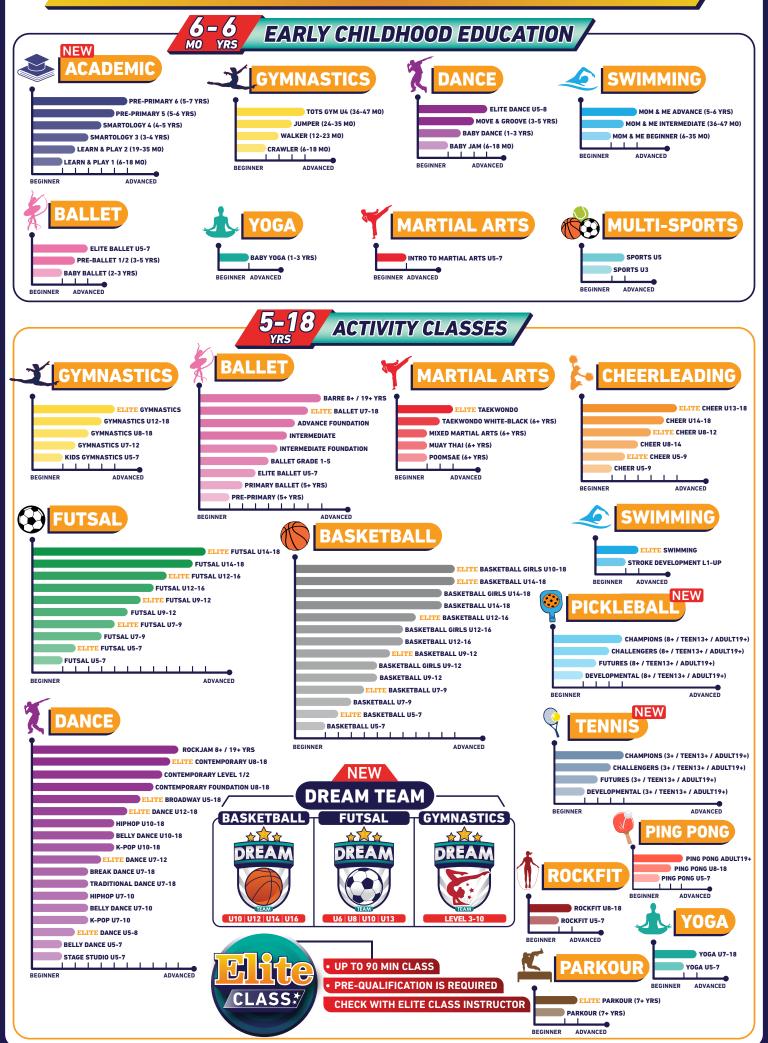
SCAN FOR E-SCHEDULE



Updated Dec 15th

ſ	Monday Tuesday							Wednesday			Thursday			Friday			Saturday		Sunday			
Time	Sports	Tennis & PB	Ping Pong	Sports Tennis & PB Ping Pong				Tennis & PB Ping Pong		Sports Tennis & PB		Ping Pong	Sports	Tennis & PB Ping Pong				Ping Pong	Sports	Tennis & PB	Ping Pong	
08.00																						
08.30 08.30	ל הז ל	ПОл		PERFO	RMING	ARTS																
09.00		BASKETBALL & FUTSAL															Adult19+					
09.00	Preschool & Kindepgarten																					
09.30 09.30	CHAMPIONSHIPS A GIMNASTICS PICKLEBALLS																MATCH					
10.00	GIVINAS INCS PICKLEBALLS																PLAY					
10.00																						
10.30																						
10.30 11.00								Adult19+						Adult19+								
11.00								&						. &								
11.30								LADDER						LADDER								
11.30								PLAY						PLAY								
12.00																						
12.00 12.30																						
12.30																						
13.00																						
13.00																1						
13.30																						
13.30 14.00																U5-7	3-7 yrs		U5-7			
14.00				(4						AFC)						
14.30							③													G		
14.30 15.00	U5-7			U5-7			U5-7			U5-7						U8-18	8-18 yrs	U5-7	U8-16	3-7 yrs		
15.00																				3-7 yrs		
15.30																						
15.30							U5-7									U5-7		A dulato.	U8-18			
16.00	U5-7	3-7 yrs		U5-7						U5-7			U5-7	(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)			U9-18	Adult19+				
16.00 16.30														9				LADDER				
16.30					Y			1			\ \ \							PLAY				
17.00	U8-16			U8-18	3-7 yrs		U8-16	3-7 yrs		U8-18	3-7 yrs		U5-7	8-18 yrs		U8-18	Adult19+	فتنتات	U5-7	Adult19+		
17.00	aff												AFC.				LADDER			LADDER		
17.30 17.30					4						7	7		Y			PLAY			PLAY		
18.00	U8-18	U9-18		U8-18	8-18 yrs		U8-18	U9-18		U8-18	8-18 yrs	U5-7	U8-18	3-7 yrs						للحصال		
18.00							\$															
18.30																						
18.30 19.00		Adult19+					Adult19+	8-18 yrs				Adult19+	U8-16									
19.00		&					&	5 10 yrs				&										
19.30		LADDER					MATCH					LADDER										
19.30		PLAY			Adult19+		PLAY				Adult19+	PLAY	Adult19+									
20.00					&						&		&									
20.30					LADDER						LADDER		MATCH									
20.30					PLAY						PLAY		PLAY						CEST	JERI N	OWA	
21.00					التساقا		1 🕋															

NEW PROGRAM CLASSIFICATION & PROGRESSION





HAMPTON SQUARE SERPONG +6221 3971 3400

Winter Term Schedule 20th Oct 2025 until 18th Jan 2026 Adult19+ Only

SCAN FOR E-SCHEDULE



	Monday					Tuesday				Wednesday				Thursday				Fri	day			Satu	rday		Sunday			
Time	Studio		-	PingPong Studio Sports Tennis PingPong						Studio Sports Tennis PingPong			PingPong	Studio Sports Tennis PingPong				ng Studio Sports Tennis PingPonc							PingPong			
08.00				3 . 3				3 . 3				J . J				3 3								1				3 - 3
08.30																												
08.30																												
09.00																							Adult19+					
09.00																							MATCH	i				
09.30																							PLAY					
09.30																												
10.00																												
10.00																			(3)									
10.30											9																	
10.30 11.00											Adult19+								Adult19+									
11.00											&								&									
11.30											LADDER								LADDER									
11.30											PLAY								PLAY)——K								
12.00																												
12.00																												
12.30																												
12.30		ADMITTION 60 min of Drills and Technique training followed																										
13.00		ADULT194 60 min of Drills and Technique training, followed by Ladder Play.																										
13.00																												
14.00																												
14.00		winning/losing team moves up/down the ladder.																										
15.00																			-									
15.00 15.30		MATCH																										
15.30		moves up/down the ladder. Bring your friend/colleague.																										
16.00		MATCH 60 Minute match play focusing on Technique, and																						Adult19+				
16.00	- 4	PLAY	100	Tean	nnate n	ideal r	ren for	the nex	t Flite (hamni	iu onehini													&				
16.30				reun	WOIK	ideai p	rep joi	uic iicx	t Linte C	липр	orisinp.													LADDER				
16.30																							PLAY					
17.00																							Adult19+				Adult19+	
17.00																							&				&	
17.30																							LADDER	3			LADDER	
17.30																							PLAY	/			PLAY	
18.00																												
18.00										1																		
18.30			9																									
18.30 19.00			Adult19+							Adult19+						Adult19+												
19.00			&							&						& Adult 19+												
19.30			LADDER							MATCH						LADDER		③										
19.30			PLAY							PLAY						PLAY		Adult19+										
20.00			التنتان				Adult19+								Adult 17+	التحساب		Adult 19+										
20.00							&								&													
20.30							LADDER								LADDER			MATCH										
20.30							PLAY								PLAY			PLAY										
21.00					_						=0																	
	INDE	X: (5	Basket	tball (Fut	sal 🤇	Tenni	s 🧐	Picklel	oall (Ping	Pong																

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:





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.

Ballet & Dance Leveling:



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