HAMPTON SQUARE SERPONG

+6221 3971 3400

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED 16 NOVEMBER 2026

SCAN FOR E-SCHEDULE

Time	Monday					Tuesday					Wednesday					Thursday					Friday					Saturday					Sunday				
	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
08.00 - 08.30																																			
08.30 - 09.00																																			
09.00 - 09.30					Primary 5&6 5-7 yrs			LEARN&PLAY 1 6-18 mo		Primary 5&6 5-7 yrs					Primary 5&6 5-7 yrs			LEARN&PLAY 1 6-18 mo		Primary 5&6 5-7 yrs					Primary 5&6 5-7 yrs									
09.30 - 10.00																																			
10.00 - 10.30						Crawler 6-18 mo	Baby Dance 1-3 yrs	LEARN&PLAY 2 19-35 mo			Walker 12-23 mo	Baby Dance 1-3 yrs	LEARN&PLAY 2 19-35 mo			Crawler 6-18 mo		LEARN&PLAY 2 19-35 mo			NEW Crawler 6-18 mo					Walker 12-23 mo					Walker 12-23 mo				
10.30 - 11.00																																			
11.00 - 11.30	U4				SMARTOLOGY 3 3-4 yrs	Walker 12-23 mo	Baby Jam 6-18 mo	LEARN&PLAY 2 19-35 mo		SMARTOLOGY 3 3-4 yrs	Jumper 24-35 mo	Baby Dance 1-3 yrs	LEARN&PLAY 2 19-35 mo		SMARTOLOGY 3 3-4 yrs	Walker 12-23 mo	Baby Dance 1-3 yrs	LEARN&PLAY 2 19-35 mo	Baby Jam 6-18 mo		Jumper 24-35 mo	NEW Baby Jam 6-18 mo			SMARTOLOGY 3 3-4 yrs		Baby Dance 1-3 yrs				Baby Dance 1-3 yrs			
11.30 - 12.00																																			
12.00 - 12.30	Jumper 24-35 mo	Baby Dance 1-3 yrs			SMARTOLOGY 4 4-5 yrs	Jumper 24-35 mo				SMARTOLOGY 4 4-5 yrs	Jumper 24-35 mo				SMARTOLOGY 4 4-5 yrs	Jumper 24-35 mo	Baby Dance 1-3 yrs			SMARTOLOGY 4 4-5 yrs		Baby Dance 1-3 yrs		Sports U3	SMARTOLOGY 4 4-5 yrs	U4			Sports U3		Jumper 24-35 mo			P-Ballet 3-5 yrs	
12.30 - 13.00																																			
13.00 - 13.30	Walker 12-23 mo					U4					U4					U4			Baby 2-3 yrs		Walker 12-23 mo					Jumper 24-35 mo	Move& Groove 3-5 yrs		Sports U4/5		U4			Baby 2-3 yrs	
13.30 - 14.00																																			
14.00 - 14.30	U4	Baby Dance 1-3 yrs					Martial Arts 4-7 yrs	K-Pop U5-7			U4	Sports U4/5							P-Ballet 3-5 yrs		U4					U5-7	K-Pop U7-18							Elite U5-7	
14.30 - 15.00																																			
15.00 - 15.30	U5-7	Move& Groove 3-5 yrs				U5-7	Muay Thai 5+yrs	Move& Groove 3-5 yrs	U5-9		U5-7	Move& Groove 3-5 yrs				U5-7	Martial Arts 4-7 yrs	Move& Groove 3-5 yrs	Primary 5+ yrs		U5-7			Move& Groove 3-5 yrs		U8-18	Stage Studio U5-7		U5-9		U5-7				
15.30 - 16.00																						NEW Elite U5-8							NEW Elite U8-18					
16.00 - 16.30	U5-7	Sports U4/5				U8-18		RockFit U5-7	Elite U5-9		U8-18	Stage Studio U5-7				U8-18	Muay Thai 5+yrs		K-Pop U5-7		U8-18	Muay Thai 5+yrs		RockFit U5-7		Parkour 7+ yrs			U8-18				Primary 5+ yrs	
16.30 - 17.00																																			
17.00 - 17.30	U8-18	Stage Studio U5-7				Elite	Tkd. 5+ yrs		Elite U5-18		Parkour 7+ yrs	K-Pop U7-18				Elite	Tkd. 5+ yrs				Parkour 7+ yrs	Tkd. 5+ yrs				Elite									
17.30 - 18.00											NEW Elite																								
18.00 - 18.30																																			
18.30 - 19.00																																			
19.00 - 19.30																																			
19.30 - 20.00																																			
20.00 - 21.00																																			



KINDERGARTEN : Primary 5 | Primary 6

PRESCHOOL : LEARN&PLAY 1 | LEARN&PLAY 2 | SMARTOLOGY 3 | SMARTOLOGY 4

Gymnastics | Cheerleading | Ballet | Broadway | Dance | Taekwondo

INDEX

FOR PRESCHOOL & KINDERGARTEN CLASSES ARE AN ADDITIONAL FEE. PLEASE CONTACT STUDENT ADVISOR!

ROCKSTAR ACADEMY

HAMPTON SQUARE SERPONG

+6221 3971 3400

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

UPDATED **16 NOVEMBER 2026**

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 - 08.30	Enjoy FREE PLAY! Available in Sports Court whenever there are no classes or Private Instructios scheduled!															DREAM TEAM U12 & U14 Mix	Adult19+ MATCH PLAY				
08.30 - 09.00																					
09.00 - 09.30																					
09.30 - 10.00																					
10.00 - 10.30								Adult19+ & LADDER PLAY						Adult19+ & LADDER PLAY							
10.30 - 11.00																					
11.00 - 11.30				Sports U3																	
11.30 - 12.00																Elite U5-9			Elite U5-9		
12.00 - 12.30				Sports U4/5			Sports U3														
12.30 - 13.00																					
13.00 - 13.30	Sports U3	3-6 yrs			3-6 yrs					Sports U3	3-6 yrs		Sports U4/5			U5-9	3-6 yrs	U8-18	U5-7		
13.30 - 14.00							Elite U5-9														
14.00 - 14.30	U5-7			U5-9						U5-7	Sports U4/5					U8-18	7+ yrs	U5-7	U8-16	3-6 yrs	
14.30 - 15.00																					
15.00 - 15.30	U5-7	3-6 yrs		U5-9			U5-9	3-6 yrs		U5-7			U5-9	3-6 yrs		U5-7	7+ yrs		U8-18	7+ yrs	
15.30 - 16.00																					
16.00 - 16.30	U8-16	7+ yrs		U8-18	3-6 yrs		U8-16	3-6 yrs		U8-18	3-6 yrs		U5-9	7+ yrs		U8-18			U5-7	Adult19+ & LADDER PLAY	
16.30 - 17.00																					
17.00 - 17.30	U8-18	7+ yrs		U8-18	7+ yrs		Elite U8-18	7+ yrs		U8-18	7+ yrs	U5-7 NEW!	U8-18	3-6 yrs		Elite U7-16					
17.30 - 18.00																					
18.00 - 18.30	Elite U8-18			Elite U7-16								U8-18	U8-16	7+ yrs							
18.30 - 19.00																					
19.00 - 19.30		Adult19+ & LADDER PLAY			Adult19+ & LADDER PLAY						Adult19+ & LADDER PLAY			Adult19+ & MATCH PLAY							
19.30 - 20.00																					
20.00 - 20.30																					
20.30 - 21.00																					



INDEX: Basketball | Futsal | Tennis | Pickleball | Ping Pong | **Elite** : up to 90 min class | DREAM TEAM : up to 120 min class

NEW PROGRAM CLASSIFICATION & PROGRESSION

6-6 MO YRS EARLY CHILDHOOD EDUCATION

NEW! ACADEMIC
- PRE-PRIMARY 6 (5-7 YRS)
- PRE-PRIMARY 5 (5-6 YRS)
- SMARTOLOGY 4 (4-5 YRS)
- SMARTOLOGY 3 (3-4 YRS)
- LEARN & PLAY 2 (19-35 MO)
- LEARN & PLAY 1 (6-18 MO)

BEGINNER — ADVANCED

GYMNASTICS
- TOTS GYM U4 (36-47 MO)
- JUMPER (24-35 MO)
- WALKER (12-23 MO)
- CRAWLER (6-18 MO)

BEGINNER — ADVANCED

DANCE
- ELITE DANCE U5-8
- MOVE & GROOVE (3-5 YRS)
- BABY DANCE (1-3 YRS)
- BABY JAM (6-18 MO)

BEGINNER — ADVANCED

SWIMMING
- MOM & ME ADVANCE (5-6 YRS)
- MOM & ME INTERMEDIATE (36-47 MO)
- MOM & ME BEGINNER (6-35 MO)

BEGINNER — ADVANCED

BALLET
- ELITE BALLET U5-7
- PRE-BALLET (3-5 YRS)
- BABY BALLET (2-3 YRS)

BEGINNER — ADVANCED

NEW! TENNIS
- CHAMPIONS (3-6 YRS)
- CHALLENGERS (3-6 YRS)
- FUTURES (3-6 YRS)
- DEVELOPMENTAL (3-6 YRS)

BEGINNER — ADVANCED

MARTIAL ARTS
- INTRO TO MARTIAL ARTS U5-7

BEGINNER — ADVANCED

MULTI-SPORTS
- SPORTS U5
- SPORTS U3

BEGINNER — ADVANCED

5-18 YRS ACTIVITY CLASSES

GYMNASTICS
- ELITE GYMNASTICS L1-10
- GYMNASTICS U12-18
- GYMNASTICS U8-18
- GYMNASTICS U7-12
- KIDS GYMNASTICS U5-7

BEGINNER — ADVANCED

SWIMMING
- ELITE SWIMMING
- STROKE DEVELOPMENT L1-UP

BEGINNER — ADVANCED

PARKOUR
- ELITE PARKOUR (7+ YRS)
- PARKOUR (7+ YRS)

BEGINNER — ADVANCED

BALLET
- ELITE BALLET U7-18
- BARRE 8+ / 19+ YRS
- ADVANCE
- ADVANCE FOUNDATION
- INTERMEDIATE
- INTERMEDIATE FOUNDATION
- BALLET GRADE 1-5
- ELITE BALLET U5-7
- PRIMARY BALLET (5+ YRS)

BEGINNER — ADVANCED

CHEERLEADING
- ELITE CHEER U13-18
- CHEER U13-18
- ELITE CHEER U8-12
- CHEER U8-12
- ELITE CHEER U5-9
- CHEER U5-9

BEGINNER — ADVANCED

FUTSAL
- ELITE FUTSAL U14-18
- FUTSAL U14-18
- ELITE FUTSAL U12-16
- FUTSAL U12-16
- ELITE FUTSAL U8-12
- FUTSAL U8-12
- ELITE FUTSAL U5-7
- FUTSAL U5-7

BEGINNER — ADVANCED

BASKETBALL
- ELITE BASKETBALL GIRLS U14-18
- ELITE BASKETBALL U14-18
- BASKETBALL GIRLS U14-18
- BASKETBALL U14-18
- ELITE BASKETBALL U8-12
- BASKETBALL GIRLS U8-12
- BASKETBALL U8-12
- ELITE BASKETBALL U5-7
- BASKETBALL U5-7

BEGINNER — ADVANCED

DANCE
- ELITE CONTEMPORARY U8-18
- ELITE BROADWAY U5-18
- ELITE DANCE U7-18
- ROCKJAM 8+ / 19+ YRS
- BREAK DANCE U7-18
- TRADITIONAL DANCE U7-18
- HIPHOP U7-18
- K-POP U7-18
- BELLY DANCE U7-18
- ELITE DANCE U5-8
- K-POP U5-7
- BELLY DANCE U5-7
- STAGE STUDIO U5-7

BEGINNER — ADVANCED

NEW! PICKLEBALL
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

NEW DREAM TEAM

BASKETBALL	FUTSAL	GYMNASTICS
U10 | U12 | U14 | U16	U6 | U8 | U10 | U13	LEVEL 3-10

MARTIAL ARTS
- ELITE TAEKWONDO
- TAEKWONDO WHITE-BLACK (5+ YRS)
- MIXED MARTIAL ARTS (6+ YRS)
- MUAY THAI (5+ YRS)
- POOMSAE (5+ YRS)

BEGINNER — ADVANCED

NEW! PING PONG
- PING PONG ADULT19+
- PING PONG U8-18
- PING PONG U5-7

BEGINNER — ADVANCED

NEW! TENNIS
- CHAMPIONS (7-18 YRS / ADULT19+)
- CHALLENGERS (7-18 YRS / ADULT19+)
- FUTURES (7-18 YRS / ADULT19+)
- DEVELOPMENTAL (7-18 YRS / ADULT19+)

BEGINNER — ADVANCED

ROCKFIT
- ROCKFIT U8-18
- ROCKFIT U5-7

BEGINNER — ADVANCED

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

HAMPTON SQUARE SERPONG

+6221 3971 3400

Winter Term Schedule

19th Oct 2026 until 17th Jan 2027

ADULT19+

SCAN FOR E-SCHEDULE

ADULT19+ Free Trial

Parents of RockStar Students:
30 Days FREE

Guests & New Members:
7 Days FREE

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
08.00 - 08.30																												
08.30 - 09.00																							Adult19+ MATCH PLAY					
09.00 - 09.30																												
09.30 - 10.00																												
10.00 - 10.30											Adult19+ & LADDER PLAY								Adult19+ & LADDER PLAY									
10.30 - 11.00																												
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18.00 - 18.30																												
18.30 - 19.00																												
19.00 - 19.30			Adult19+ & LADDER PLAY				Adult19+ & LADDER PLAY								Adult19+ & LADDER PLAY				Adult19+ & MATCH PLAY									
19.30 - 20.00																												
20.00 - 20.30																												
20.30 - 21.00																												

ADULT19+ SPORTS CLASSES — *60 min of Drills and Technique training, followed by Ladder Play.*

LADDER PLAY — *Fast-paced 60-minute match play where the winning/losing team moves up/down the ladder.*

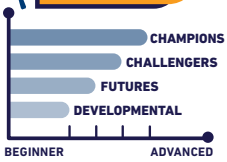
MATCH PLAY — *Longer match play where the winning/losing team moves up/down the ladder. Bring your friend/colleague.*

MATCH PLAY — *60 Minute match play focusing on Technique, and Teamwork - ideal prep for the next Elite Championships*

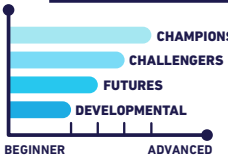
INDEX: Basketball | Futsal | Pickleball | Ping Pong

NEW PROGRAM CLASSIFICATION & PROGRESSION

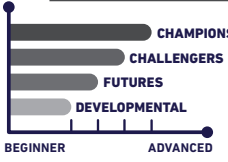
ADULT19+

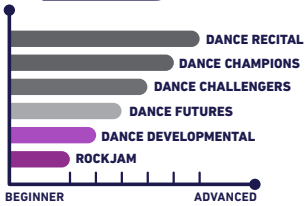
TENNIS


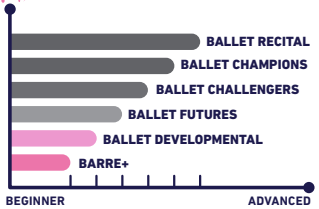
PICKLEBALL


SWIMMING


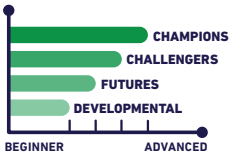
GYMNASTICS
COMING SOON

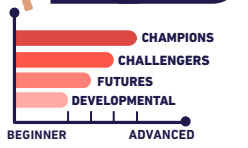


DANCE


BALLET


BASKETBALL


FUTSAL


PING PONG


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

Events & Competitions:

Elite CHAMPIONSHIPS

Termly Competition where teams of equal skill divisions compete against each other.



Dance Recital

Ballet & Contemporary Recital

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.*
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 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.*
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.*