



# HAMPTON SQUARE SERPONG

+6221 3971 3400

Winter Term Schedule  
20<sup>th</sup> Oct 2025 until 18<sup>th</sup> Jan 2026

Updated Dec 1<sup>st</sup>

SCAN FOR  
E-SCHEDULE



Time	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
	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
08.00	<b>Elite</b> CHAMPIONSHIPS			<b>PERFORMING ARTS</b> BASKETBALL FUTSAL Preschool & KINDERGARTEN GIMNASTICS PICKLEBALL																	
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INDEX: Basketball Futsal Tennis Pickleball Ping Pong

REGISTER NOW!

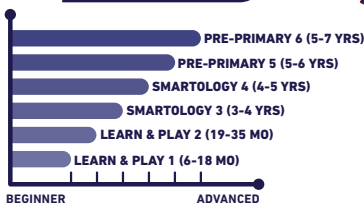
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

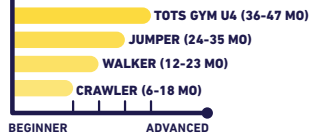
## EARLY CHILDHOOD EDUCATION



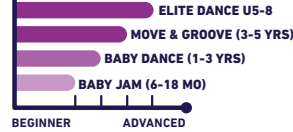
### NEW ACADEMIC



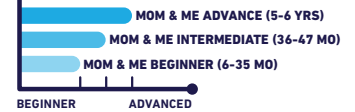
### GYMNASTICS



### DANCE



### SWIMMING



### BALLET



### YOGA



### MARTIAL ARTS



### MULTI-SPORTS

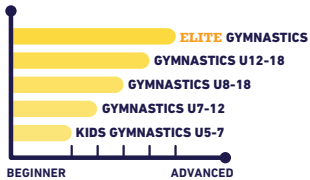


**5-18**  
YRS

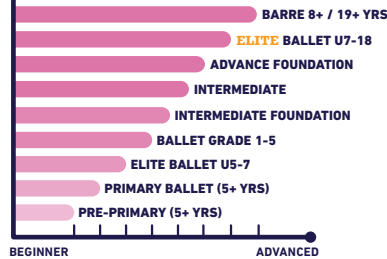
## ACTIVITY CLASSES



### GYMNASTICS



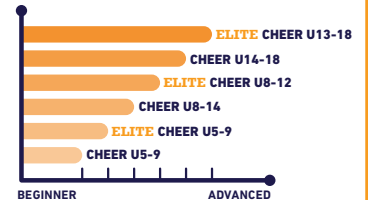
### BALLET



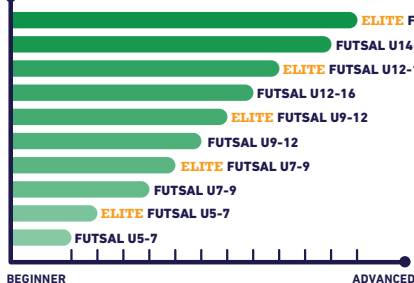
### MARTIAL ARTS



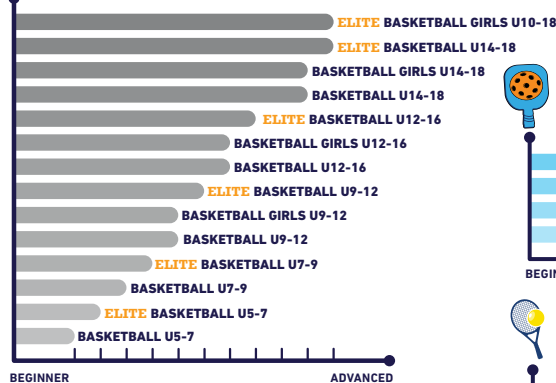
### CHEERLEADING



### FUTSAL



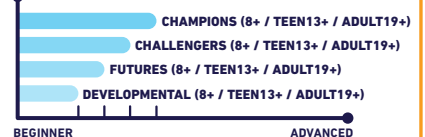
### BASKETBALL



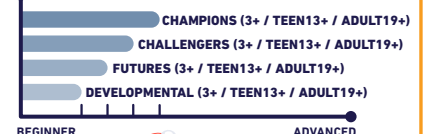
### SWIMMING



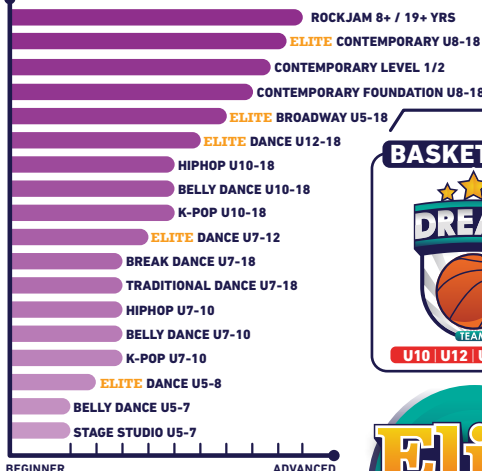
### PICKLEBALL



### TENNIS



### DANCE



## NEW DREAM TEAM

### BASKETBALL



U10 | U12 | U14 | U16

### FUTSAL



U6 | U8 | U10 | U13

### GYMNASTICS



LEVEL 3-10



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



### ROCKFIT



### PING PONG



### YOGA



### PARKOUR





# HAMPTON SQUARE SERPONG

+6221 3971 3400

Winter Term Schedule  
20<sup>th</sup> Oct 2025 until 18<sup>th</sup> Jan 2026

Adult19+ Only

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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**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**

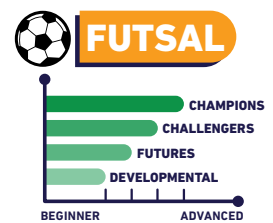
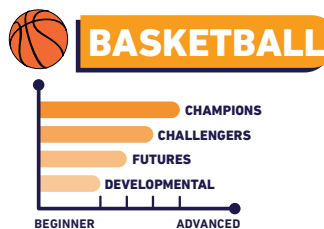
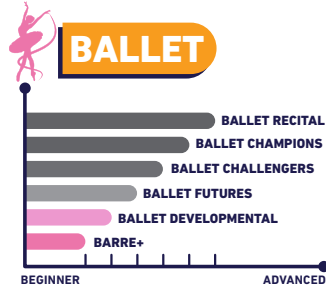
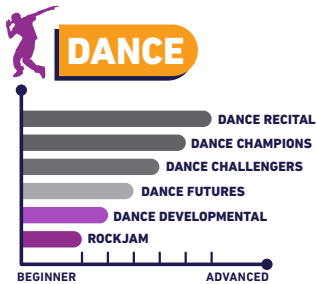
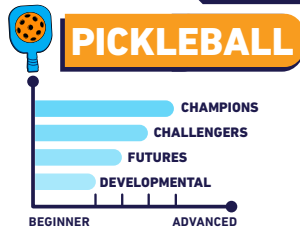
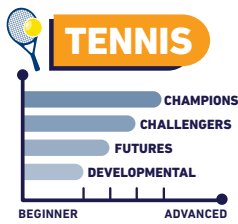
60 Minute match play focusing on Technique, and Teamwork - ideal prep for the next Elite Championships

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# 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.