

FIVE DOCK STUDIO WEEKLY PROGRAM

MONDAY CLASSES		
4:00-4:30pm	2-5 Years	Harriman Hearts
4:30-5:00pm	9-15 Years	Ballet/Jazz
5:00-5:30pm	9-15 Years	Fitness/Acrobatics
5:30-6:30pm	9-15 Years	Sport Aerobics Skills
6:30-7:00pm	16+ Years	Conditioning
7:00-8:00pm	16+ Years	Sport Aerobics Skills
8:00-8:30pm	Private	PT

TUESDAY CLASSES		
4:00-5:00pm		Open Studio
5:00-6:00pm	5-12 Years	HSQUAD Training
6:00 my-6:30pm	All ages	Technique
6:30-8:00pm	13+Years	HSQUAD Training
8:00-8:30pm	Private	PT

THURSDAY & FRIDAY CLASSES		
4:00-8:00pm		Open Studio

SATURDAY CLASSES		
8:30-9:00am	2-5 Years	Harriman Hearts
9:00-9:30am	4-8 Years	Ballet/Jazz
9:30-10:00am	4-8 Years	Fitness/Acrobatics
10:00-10:30am	5-12 Years	Sport Aerobics Skills
10:30-11:00am	5-12 Years	Open Choreography
11:00-12:00pm	5-12 Years	HSQUAD Training
12:00-1:00pm	13+ Years	Sport Aerobics Skills
1:00-1:30pm	13+ Years	Open Choreography
1:30-3:00pm	13+ Years	HSQUAD Training
3:00-4:00pm	Private	PT

Harriman Hearts Program (Ages 2-5 Years)
Harriman Active Program (All ages)
HSQUAD-The Competition Squad (Ages 5-Adult)
PT (Private Training)
Open Studio

ERMINGTON STUDIO WEEKLY PROGRAM

WEDNESDAY CLASSES		Hall	Split Hall
3:00-4:30pm	Year 1-6	EPS School Squad (Selected athletes only)	
4:30-5:30pm	5-12 Years	Sport Aerobics Skills	PT
5:30-6:00pm	5-12 Years	Open Choreography	PT
6:00-7:00pm	5-12 Years	HSQUAD Training	(6:30-7pm) HSQUAD Warm Up 13+
6:30-8:30pm	13+ Years	HSQUAD Training	

THURSDAY CLASSES		Hall	Split Hall
3:00-4:30pm	Year K-2 & 3-6	Strong Beginnings	Strong Beginnings
4:30-6:00pm	5-15 Years	HSQUAD Training	
6:00-6:30pm	13+ Years	Conditioning	PT
6:30-7:30pm	13+ Years	Sport Aerobics Skills	
7:30-8:00pm		PT	PT

Ermington PS Competitive School Squad Training (Selected Athletes Year 1-6)			
Harriman Active Program (All ages) Strong Beginnings Included			
HSQUAD-The Competition Squad (Ages 5-Adult)			
PT (Private Training)			