



DREAM. TRAIN. COMPETE.

HDSAF HDSAF HDSAF

HDSAF WEEKLY PROGRAM

MONDAY

FIVE DOCK STUDIO

4:00-4:30pm – Harriman Hearts (2-5 years)
4:30-5:00pm – Ballet Jazz (9-15 years)
5:00-5:30pm – Fitness Acro (9-15 years)
5:30-6:30pm – Skills (9-15 years)
6:30-7:00pm – Conditioning (13+ years)
7:00-8:00pm – Skills (13+ years)
8:00-9:00pm – PT

TUESDAY

FIVE DOCK STUDIO

4:30-5:00pm – Harriman Hearts
5:00-6:00pm – HSQUAD (5-12 years)
6:00-6:30pm – Technique (all ages)
6:30-8:00pm – HSQUAD (13+ years)
8:00-9:00pm – PT

WEDNESDAY

ERMINGTON STUDIO

3:00-4:30pm – EPS School Squad (years 1-6)
4:30-5:30pm – Skills (5-12 years)
5:30-6:00pm – Open Choreography (5-12 years)
6:00-7:00pm – HSQUAD Juniors (5-12 years)
6:30-8:30pm – HSQUAD Seniors (13+ years)

THURSDAY

ERMINGTON STUDIO

3:00-4:30pm – Strong Beginnings (4-12 years)
4:30-6:00pm – HSQUAD Juniors (5-15 years)
6:00-6:30pm – Conditioning (13+ years)
6:30-7:30pm – Skills (13+ years)

SATURDAY

FIVE DOCK STUDIO

8:30-9:00am – Harriman Hearts
9:00-9:30am – Beginner Ballet Jazz (4-8 years)
9:30-10:00am – Beginner Fitness Acro (4-8 years)
10:00-10:30am – Skills (5-12 years)
10:30-11:00am – Open Choreography (5-12 years)
11:00-12:00pm – HSQUAD Juniors (5-12 years)
12:00-1:00pm – Skills (13+ years)
1:00-1:30pm – Open Choreography (13+ years)
1:30-3:00pm – HSQUAD Seniors (13+ years)
3:00-4:30pm – PT

GET IN TOUCH

0414308785

www.harrimandsaf.com

