



For more information and enrolments please contact:

Melanie Harriman – Director/Head Coach

E: harriman.dsaf@outlook.com

www.harrimandsaf.com

M: 0414 308 785

Business Hours (10am-2pm Monday-Friday)

TERM 4 2024 PROGRAM

FIVE DOCK STUDIO

MONDAY CLASSES

4:00-4:45PM	9+ YEARS	STRENGTH + FITNESS + STRETCH
4:45-5:30PM	9+ YEARS	SPORT AEROBICS SKILLS
5:30-6:15PM	11-18 YEARS	SPORT AEROBICS COMPETITION
6:15-7:00PM	15+ YEARS	TECHNIQUE
7:00-7:45PM	15+ YEARS	SPORT AEROBICS SKILLS
7:45-8:30PM	19+ YEARS	SPORT AEROBICS COMPETITION

SATURDAY CLASSES

8:30-9:00AM	3-5 YEARS	BALLET/JAZZ
9:00-9:45AM	5-10 YEARS	BALLET/JAZZ
9:45-10:30AM	5-10 YEARS	SPORT AEROBICS COMPETITION
10:30-11:15AM	5-12 YEARS	SPORT AEROBICS SKILLS
11:15-12:00PM	5-12 YEARS	FUN FITNESS/ACROBATICS
12:00-12:45PM	10+ YEARS	BALLET/JAZZ
12:45-1:30PM	11-15 YEARS	SPORT AEROBICS COMPETITION
1:30-2:15PM	12+ YEARS	SPORT AEROBICS SKILLS
2:15-3:00PM	12+ YEARS	OPEN CHOREOGRAPHY <i>New class!</i>
3:00PM		SGT

ERMINGTON STUDIO

WEDNESDAY CLASSES			
3:00-4:00PM	YEARS 1-4	EPS DEVELOPMENT SQUAD <i>(Selected members)</i>	
3:00-4:30PM	YEARS 3-6	EPS SCHOOL SQUAD <i>(Selected members)</i>	
4:30-5:15PM	5-12 YEARS	SPORT AEROBICS COMPETITION	
5:15-6:00PM	5-12 YEARS	SPORT AEROBICS SKILLS	SGT
6:00-6:45PM	12+ YEARS	STRENGTH +FITNESS + STRETCH	
6:45-7:30PM	13+ YEARS	SPORT AEROBICS SKILLS	
7:30-8:15PM	13+ YEARS	SPORT AEROBICS COMPETITION	
8:15PM		SGT	

THURSDAY CLASSES			
3:00-3:45PM	5-12 YEARS	BEGINNER FUN FITNESS	
3:45-4:30PM	5-12 YEARS	BEGINNER ACROBATICS	
4:30-5:15PM	5-12 YEARS	BEGINNER JAZZ/HIP HOP	SGT
5:15-6:00PM	9-15 YEARS	TECHNIQUE	
6:00-6:45PM	9-15 YEARS	SPORT AEROBICS SKILLS <i>New class!</i>	
6:45-7:30PM	9-15 YEARS	SPORT AEROBICS COMPETITION	
7:30PM		SGT	

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