HARRIMAN
DANCE - SPORT AEROBICS - FITNESS



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 (6 - 12 years)
5:00 - 5:30pm – Fitness Acro (6 - 12 years)
5:30 - 6:30pm – Sport Aerobics Skills (6 - 12 years)
6:30 - 7:00pm - Conditioning (13+ years)
7:00 - 8:00pm - Sport Aerobics Skills (13+ years)
8:00 - 8:30pm - HSQUAD International Athletes Only

TUESDAY
FIVE DOCK STUDIO

4:15 - 4:45pm - PT
4:45 - 6:00pm – HSQUAD Juniors (5 - 12 years)
6:00 - 6:30pm – Technique (All ages)
6:30 - 8:00pm – HSQUAD Seniors (13+ years)
8:00 - 8:30pm - HSQUAD International Athletes Only

WEDNESDAY
ERMINGTON STUDIO

3:00 - 4:30pm – EPS School Squad (years 1 - 6)
4:30 - 5:30pm – Sport Aerobics 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
FIVE DOCK STUDIO

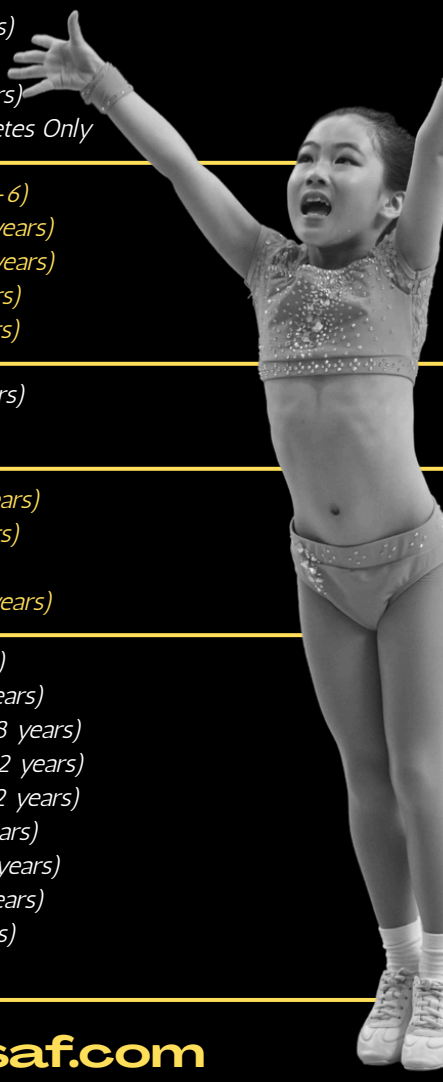
11:00 - 11:30am - Harriman Hearts (2 - 5 years)

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 – Sport Aerobics Skills (13+ years)

SATURDAY
FIVE DOCK STUDIO

8:30 - 9:00am – Harriman Hearts (2 - 5 years)
9:00 - 9:30am – Beginner Ballet Jazz (4 - 8 years)
9:30 - 10:00am – Beginner Fitness Acro (4 - 8 years)
10:00 - 10:30am – Sport Aerobics 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 - Sport Aerobics Skills (13+ years)
1:00 - 1:30pm - Open Choreography (13+ years)
1:30 - 3:00pm - HSQUAD Seniors (13+ years)
3:00 - 5:00pm - PT



GET IN TOUCH

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