



For more information and enrolments please contact:

Melanie Harriman – Director/Head Coach

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

## 2025 PROGRAM

### FIVE DOCK STUDIO

#### MONDAY CLASSES

4:00-4:30 PM	9+ YEARS	BALLET/JAZZ
4:30-5:00 PM	9+ YEARS	CONDITIONING
5:00-5:30 PM	9+ YEARS	SPORT AEROBICS SKILLS
5:30-6:30 PM	11-18 YEARS	SPORT AEROBICS COMPETITION
6:30-7:00 PM	15+ YEARS	CONDITIONING
7:00-7:30 PM	15+ YEARS	SPORT AEROBICS SKILLS
7:30-8:30 PM	19+ YEARS	SPORT AEROBICS COMPETITION

#### SATURDAY CLASSES

9:00-9:30 AM	5-10 YEARS	BALLET/JAZZ
9:30-10:30 AM	5-10 YEARS	SPORT AEROBICS COMPETITION
10:30-11:00 AM	5-12 YEARS	SPORT AEROBICS SKILLS
11:00-11:30 PM	5-12 YEARS	FUN FITNESS/ACROBATICS
11:30-12:00 PM	12+ YEARS	OPEN SPORT AEROBICS CHOREOGRAPHY
12:00-12:30 PM	12+ YEARS	SPORT AEROBICS SKILLS
12:30-1:30 PM	11-15 YEARS	SPORT AEROBICS COMPETITION
1:30 PM		SGT

# ERMINGTON STUDIO

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

THURSDAY CLASSES			
3:00-4:30 PM	5-12 YEARS	EPS STRONG BEGINNINGS <i>BEGINNER COMBO CLASS</i> FUN FITNESS + ACROBATICS + DANCE	
4:30-5:00 PM	5-15 YEARS	CONDITIONING	SGT
5:00-5:30 PM	9-15 YEARS	SPORT AEROBICS SKILLS	SGT
5:30-6:30 PM	9-15 YEARS	SPORT AEROBICS COMPETITION	
6:30 PM		SGT	

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