

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 (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

4:15 - 4:45pm - PT
4:45 - 6:00pm - HSQUAD (5-12 years)
6:00 - 6:30pm - Technique (All ages)
6:30 - 8:00pm - HSQUAD (13+ years)
8:00 - 8:30pm - International Stream Training

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
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 - 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 - 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 - 5:00pm - PT

GET IN TOUCH

0414308785

www.harrimandsaf.com

