



**Manjak's Gymnastics**  
**2024 - 2025 SCHEDULE**  
*Programs running from September 2024 to June 2025!*  
*\*Open Gym and Birthdays, running summer*

**30 Harlowe Drive, Hamilton**  
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2024 - 2025 PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TODDLER STARS CO-ED 18 MTH - 3 YRS 60 MINUTES	5:00 - 6:00PM 6:00 - 7:00PM	4:30 - 5:30PM 5:30 - 6:30PM	5:00 - 6:00PM 6:00 - 7:00PM	4:30 - 5:30PM 5:30 - 6:30PM		9:00 - 10:00AM 10:00 - 11:00AM 11:00 - 12:00PM 12:00 - 1:00PM	9:00 - 10:00AM 10:00 - 11:00AM 11:00 - 12:00PM 12:00 - 1:00PM
KINDERGYM JR CO-ED, 3 - 4 YRS 60 MINUTES	5:00 - 6:00PM 6:00 - 7:00PM	4:30 - 5:30PM 5:30 - 6:30PM	5:00 - 6:00PM 6:00 - 7:00PM	4:30 - 5:30PM 5:30 - 6:30PM	5:00 - 6:00PM 6:00 - 7:00PM	9:00 - 10:00AM 10:00 - 11:00AM 11:00 - 12:00PM 12:00 - 1:00PM	9:00 - 10:00AM 10:00 - 11:00AM 11:00 - 12:00PM 12:00 - 1:00PM
KINDERGYM SR CO-ED, 4 - 5 YRS 60 MINUTES	5:00 - 6:00PM 6:00 - 7:00PM	4:30 - 5:30PM 5:30 - 6:30PM	5:00 - 6:00PM 6:00 - 7:00PM	4:30 - 5:30PM 5:30 - 6:30PM	5:00 - 6:00PM 6:00 - 7:00PM	9:00 - 10:00AM 10:00 - 11:00AM 11:00 - 12:00PM 12:00 - 1:00PM	9:00 - 10:00AM 10:00 - 11:00AM 11:00 - 12:00PM 12:00 - 1:00PM
STARS-IN-MOTION CO-ED, 5 - 6 YRS 90 MINUTES		5:00 - 6:30PM		5:00 - 6:30PM			
WONDERGIRLS (STARS IN PROGRESS) GIRLS 5 - 7 YRS 120 MINUTES	5:00 - 7:00PM 7:00 - 9:00PM		5:00 - 7:00PM 7:00 - 9:00PM			9:00 - 11:00AM 11:00 - 1:00PM	
GIRLS REC (FUTURE STARS) GIRLS 7 - 9 YRS 120 MINUTES	5:00 - 7:00PM 7:00 - 9:00PM	6:30 - 8:30PM	5:00 - 7:00PM 7:00 - 9:00PM	6:30 - 8:30PM	5:00 - 7:00PM 7:00 - 9:00PM	9:00 - 11:00AM 11:00 - 1:00PM	
PRE-TEENS GIRLS 10 - 12 120 MINUTES	5:00 - 7:00PM 7:00 - 9:00PM				5:00 - 7:00PM 7:00 - 9:00PM	9:00 - 11:00AM 11:00 - 1:00PM	
TEEN GYM GIRLS 13 + 120 MINUTES	7:00 - 9:00PM			6:30 - 8:30PM			
TUMBLING INT/ADV CO-ED 7 YRS + 120 MINUTES		6:30 - 8:30PM		6:30 - 8:30PM			
BOYS REC BOYS 7-10 YRS 120 MINUTES	5:00 - 7:00PM						
PRE-COMP GIRLS 5-7 YRS BY INVITATION ONLY		5:30 - 7:30PM		5:30 - 7:30PM			
INTRO XCEL GIRLS 7-10 YRS BY INVITATION ONLY	7:00 - 9:00PM		7:00 - 9:00PM		7:00 - 9:00PM		
*OPEN GYM ADULTS ONLY (CALL FOR MORE INFO)						4:00 - 6:00PM	
*BIRTHDAYS (VISIT WEBSITE FOR DETAILS)						1:30 - 3:30PM	