



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

30 Harlowe Drive, Hamilton
manjakgym@gmail.com | manjaks-gymnastics.com | 905-385-5981

| 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 | 5:30 - 7:30PM | 7:00 - 9:00PM | 5:30 - 7:30PM | 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 | |