



# Manjak's Gymnastics 2025 - 2026 SCHEDULE

*Programs running from September 2025 to June 2026*

*\* Summer Birthdays, running on Fridays 4:30-6:30pm*

**30 Harlowe Drive, Hamilton**  
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*When registering online: Letters (A, B...), next to some class titles, are for internal use only, please disregard.*

2025 - 2026 PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TODDLER STARS</b> CO-ED 18 MTH - 3 YRS 60 MINUTES	5:00 - 6:00PM 6:00 - 7:00PM	5:30 - 6:30PM	5:00 - 6:00PM 6:00 - 7:00PM	5:30 - 6:30PM		9:00 - 10:00AM 10:00 - 11:00AM 11:00 - 12:00PM	9:00 - 10:00AM 10:00 - 11:00AM 11:00 - 12:00PM
<b>KINDERGYM JR</b> 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	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
<b>KINDERGYM SR</b> 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	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
<b>STARS-IN-MOTION</b> CO-ED, 5 - 6 YRS 90 MINUTES		5:00 - 6:30PM		5:00 - 6:30PM			
<b>WONDERGIRLS</b> (STARS IN PROGRESS) GIRLS 5 - 7 YRS 120 MINUTES	5:00 - 7:00PM 7:00 - 9:00PM	6:30 - 8:30PM	5:00 - 7:00PM 7:00 - 9:00PM		5:00 - 7:00PM	9:00 - 11:00AM 11:00 - 1:00PM	9:00 - 11:00AM 11:00 - 1:00PM
<b>GIRLS REC</b> (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	9:00 - 11:00AM 11:00 - 1:00PM
<b>PRE-TEENS</b> 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	
<b>TEEN GYM</b> GIRLS 13 + 120 MINUTES	7:00 - 9:00PM				7:00 - 9:00PM		
<b>TUMBLING</b> INT/ADV CO-ED 7 YRS + 120 MINUTES		6:30 - 8:30PM		6:30 - 8:30PM			
<b>BOYS REC</b> BOYS 5-7 YRS & 7-10 YRS 120 MINUTES	5:00 - 7:00PM						
<b>PRE-COMP</b> GIRLS 5-7 YRS BY INVITATION ONLY		5:00 - 7:00PM			5:00 - 7:00PM		
<b>INTRO XCEL</b> GIRLS 7-10 YRS BY INVITATION ONLY	7:00 - 9:00PM		7:00 - 9:00PM	6:30 - 8:30PM	7:00 - 9:00PM	11:00 - 1:00PM	
<b>*BIRTHDAYS</b> (VISIT WEBSITE FOR DETAILS)						1:30 - 3:30PM	1:30 - 3:30PM