



Manotick Class Times

613-692-2003 manotick@cooliganmartialarts.com

Effective June 1, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-5:30 pm Little Champions	5:00-5:45 pm Junior BBC	5:00-5:45 pm Junior Achievers	5:30-6:15 pm Junior Achievers	5:00-5:30 pm Little Champions	9:00-9:30 am Little Champions
5:30-6:15 pm Junior Achievers	5:45 pm-6:15 pm Leadership	5:45-6:15 pm Little Champions	6:15-7:00 pm Junior BBC	5:30-6:15 pm Junior Achievers	9:30-10:15 am Junior Achievers
6:15-7:00 pm Junior BBC	6:15-7:00 pm Junior PMC	6:15-7:00 pm Junior PMC	7:00-8:00 pm Masters & Adult Jiu-Jitsu	6:15-7:00 pm Junior BBC	10:15-11:00 am PMC & Masters
7:00-8:00pm PMC, Masters & Adult Jiu-Jitsu	7:00-8:00 pm Masters & Adult Jiu-Jitsu	7:00-8:00 pm Masters & Adult Jiu-Jitsu	8:00-8:30 pm Open Mat	7:00-7:45 pm Junior PMC	11:00-11:45 am Junior BBC
					11:45-12:15 Open Mat

- ✓ Students are encouraged to attend 2-3 classes per week. Remember to put your attendance card in the box!
- ✓ Students must notify the Instructor before leaving the mat area. Upon returning, please wait by the edge of the mat until called upon.
- ✓ Uniforms are expected to be clean and neat. Students are permitted to train in a Cooligan T-shirt, but Gi tops must be brought to every Jiu-Jitsu class.
- ✓ We encourage friends and family to watch classes, but spectators are not permitted on the main training area without permission. Parents can enter the training area to watch and photograph any promotions or special events.