



Manotick Class Times

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Effective Sept 3, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 - 5:00 Open Training	4:30-5:00 Open Training	4:30 - 5:00 Open Training	4:30-5:00 Open Training		
5:00 - 5:30 Little Champs	5:00 - 5:45 Jr BBC	5:00 - 5:30 Little Champs	5:00 - 5:45 Jr BBC	5:00 - 5:30 Little Champs	9:00 - 9:45 Little Champs
5:30 - 6:15 Jr. Achievers	5:00 - 5:45 Jr PMC	5:30 - 6:15 Jr. Achievers	5:00 - 5:45 Jr PMC	5:30 - 6:15 Jr. Achievers	9:45 - 10:30 Family
6:15 - 6:45 Kobudo	5:45 - 6:30 Family	6:15 - 6:45 Randori	5:45 - 6:30 Family	6:15 - 7:00 Jr. BBC	10:30 - 11:15 JR BBC
6:45 - 7:30 Family	6:30 - 7:15 Kickboxing	6:45 - 7:30 Family	6:30 - 7:15 Kickboxing	7:00 - 7:45 Jr. PMC	10:30 - 11:15 JR PMC
7:30 - 8:15 Adults	7:15 - 8:00 Adults	7:30 - 8:15 Adults	7:15 - 8:00 Adults		11:15 - 12:00 Jr. Achievers
7:30 - 8:30 Masters/PMC	7:15 - 8:15 Masters/PMC	7:30 - 8:30 Masters/PMC	7:15 - 8:15 Masters/PMC		

- ✓ 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.
- ✓ 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.