



Manotick Class Times

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 – 5:30 Little Champs	5:00-5:40 BBC/PMC	5:00 – 5:30 Little Champs	5:00-5:40 BBC/PMC		
Cleaning	Cleaning	Cleaning	Cleaning		
5:45 - 6:25 White Yellow	5:45 - 6:25 White Yellow	5:45 - 6:25 White Yellow	5:45 - 6:25 White Yellow		
Cleaning	Cleaning	Cleaning	Cleaning		
6:30 – 7:10 BBC/PMC	6:30 -7:10 Adults/BB	6:30 – 7:10 BBC/PMC	6:30 -7:10 Adults/BB		
Cleaning	Cleaning	Cleaning	Cleaning		
7:15 – 8:00 Adults/BB	7:15 - 8:00 MMAFit	7:15 – 8:00 Adults/BB	7:15 - 8:00 MMAFit		

Effective July 19th, 2021