



Volpe Martial Arts
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Classes & Events	Private Classes & Events	Fitness with a Purpose (FWP) 12:00 - 1:00 PM	Private Classes & Events	Fitness with a Purpose (FWP) 12:00 - 1:00 PM	Private Classes & Events	Little Tigers Group A 9:00 - 9:30 AM
Private Classes & Events	Youth - Novice GROUP A 5:00 - 6:00 PM	Youth - Int/Adv Group A 5:00 - 6:00 PM	Youth - Novice GROUP A 5:00 - 6:00 PM	Youth - Int/Adv Group A 5:00 - 6:00 PM	Private Classes & Events	Little Tigers Group B 9:45 - 10:15 AM
Private Classes & Events	Youth - Novice GROUP B 6:10 - 7:10 PM	Youth - Int/Adv Group B 6:10 - 7:10 PM	Youth - Novice GROUP B 6:10 - 7:10 PM	Youth - Int/Adv Group B 6:10 - 7:10 PM	Competition Team (seasonal) 5:15 - 6:30 PM	Combined Family <i>(youth/juniors/adults)</i> Red and higher 10:30 - 11:30 AM
Closed	Junior - Novice 7:20 - 8:20 PM	Junior - Int/Adv 7:15 - 8:15 PM	Junior - Novice 7:20 - 8:20 PM	Junior - Int/Adv 7:15 - 8:15 PM	Fitness with a Purpose (FWP) 6:30 - 7:30 PM	Adults All Ranks 11:30 - 12:30 PM
Closed	Adults - Novice 8:30 - 9:30 PM	Adults - Int/Adv 8:15 - 9:30 PM	Adults - Novice 8:30 - 9:30 PM	Adults - Int/Adv 8:15 - 9:30 PM	Cardio Kickboxing (seasonal) 7:30 - 8:30 PM	Private Classes & Events

Updated Jul 23, 2026

Volpe Martial Arts is closed on the following days:

- all long weekends and Statutory Holidays
- Summer Holiday Break: Aug 1 to Aug 8, 2026
- Christmas Holiday Break: Dec 24, 2026 to Jan 1, 2027

Novice: Beginner to Yellow
Int/Adv: Orange and higher

Little Tigers: ages 4-5
Youth Program: ages 6-10
Junior Program: ages 11-14
Adult Program: ages 15+
FWP Program: ages 45+