



Volpe Martial Arts
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Private Classes	Fitness with a Purpose (FWP) 12:00 - 1:00 PM	Private Classes	Fitness with a Purpose (FWP) 12:00 - 1:00 PM	Private Classes	Little Tigers Ages 4-5 Group A 9:00 - 9:30 AM	Closed
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	Little Tigers Ages 4-5 Group B 9:45 - 10:15 AM	Closed
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	Private Classes	Combined Family (youth/juniors/adults) 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) 7:00 - 8:00 PM	Adults Ages 15+ 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	Private Classes	Private Classes	Closed

Effective August 7, 2023

Volpe Martial Arts is closed on the following days:

- all long weekends and Statutory Holidays
- Summer Holiday Break: July 29 to August 7, 2023
- Christmas Holiday Break: Dec 23, 2023 to Jan 1, 2024

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+