



Volpe Martial Arts
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 www.volpemartialarts.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Closed	Fitness with a Purpose Ages 50+ 12:00 - 1:00 PM	Closed	Fitness with a Purpose Ages 50+ 12:00 - 1:00 PM	Private Classes	Closed	Closed
Youth Ages 6-10 Novice - Yellow GROUP A 4:45 - 5:45 PM	Private Classes	Youth Ages 6-10 Novice - Yellow GROUP A 4:45 - 5:45 PM	Private Classes	Private Classes	Little Tigers Ages 4-5 Group A 9:00 - 9:30 AM	Closed
Youth Ages 6-10 Novice - Yellow GROUP B 6:00 - 7:00 PM	Youth Ages 6-10 Intermediate/Adv 5:30 - 6:30 PM	Youth Ages 6-10 Novice - Yellow GROUP B 6:00 - 7:00 PM	Youth Ages 6-10 Intermediate/Adv 5:30 - 6:30 PM	Private Classes	Little Tigers Ages 4-5 Group B 9:45 - 10:15 AM	Closed
Junior Ages 11-14 Novice - Yellow 7:15 - 8:15 PM	Junior Ages 11-14 Intermediate/Adv 6:45 - 7:45 PM	Junior Ages 11-14 Novice - Yellow 7:15 - 8:15 PM	Junior Ages 11-14 Intermediate/Adv 6:45 - 7:45 PM	Fitness with a Purpose Ages 50+ 7:00 - 8:00 PM	Combined Family (youth/juniors/adults) Red and higher 10:30 - 11:30 AM	Closed
Adults Ages 15+ Novice - Yellow 8:20 - 9:20 PM	Adults Ages 15+ Intermediate/Adv 8:00 - 9:15 PM	Adults Ages 15+ Novice - Yellow 8:20 - 9:20 PM	Adults Ages 15+ Intermediate/Adv 8:00 - 9:15 PM	Private Classes	Adults Ages 15+ All Ranks 11:30 - 12:30 PM	p

Updated June 1, 2022

Volpe Martial Arts is closed on the following days:

- all long weekends and Statutory Holidays
- Summer Holiday Closure: July 29 to August 5, 2023
- Christmas Holiday Closure: Dec 23, 2023 to Jan 1, 2024

Little Tigers: ages 4-5
Youth Program: ages 6-10
Junior Program: ages 11-14
Adult Program: ages 15+
Fitness with a Purpose Program: ages 50+