

CLASS SCHEDULE

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 Beginner to Yellow Belt 5:00 - 6:00 PM	YOUTH – INT/ADV Group A Orange Stripe & Higher 5:00 - 6:00 PM	YOUTH – NOVICE Group A Beginner to Yellow Belt 5:00 - 6:00 PM	YOUTH – INT/ADV Group A Orange Stripe & Higher 5:00 - 6:00 PM	Private Classes & Events	LITTLE TIGERS Group B 9:45 - 10:15 AM
Private Classes & Events	YOUTH – NOVICE Group B Beginner to Yellow Belt 6:10 - 7:10 PM	YOUTH – INT/ADV Group B Orange Stripe & Higher 6:10 - 7:10 PM	YOUTH – NOVICE Group B Beginner to Yellow Belt 6:10 - 7:10 PM	YOUTH – INT/ADV Group B Orange Stripe & Higher 6:10 - 7:10 PM	Competition Team (seasonal) 5:15 - 6:30 PM	FAMILY CLASS (youth/junior/adult) Red & Higher 10:30 - 11:30 AM
Closed	JUNIOR – NOVICE Beginner to Yellow Belt 7:20 - 8:20 PM	JUNIOR – INT/ADV Orange Sash & Higher 7:15 - 8:15 PM	JUNIOR – NOVICE Beginner to Yellow Belt 7:20 - 8:20 PM	JUNIOR – INT/ADV Orange Sash & Higher 7:15 - 8:15 PM	FITNESS WITH A PURPOSE (FWP) 6:30 - 7:30 PM	Private Classes & Events
Closed	ADULTS – NOVICE Beginner to Yellow Belt 8:30 - 9:30 PM	ADULTS – INT/ADV Orange Sash & Higher 8:15 - 9:30 PM	ADULTS – NOVICE Beginner to Yellow Belt 8:30 - 9:30 PM	ADULTS – INT/ADV Orange Sash & Higher 8:15 - 9:30 PM	Cardio Kickboxing (seasonal) 7:30 - 8:30 PM	Private Classes & Events

IMPORTANT DATES

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

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

Updated July 23, 2026