



**Volpe Martial Arts**  
 335 Gage Ave - Unit 3, Kitchener, ON N2M 5E1  
 226-647-5009  
 info@volpemartialarts.com  
 www.volpemartialarts.com

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

*Updated Jan 2, 2025*

**Volpe Martial Arts is closed on the following days:**  
 - all long weekends and Statutory Holidays  
 - Summer Holiday Break: Jul 27 to Aug 4, 2025  
 - Christmas Holiday Break: Dec 24, 2025 to Jan 1, 2026

**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+