



# KARATE CLASS SCHEDULE

Effective: January 2019

**Villari's of Shrewsbury**

196 Boston Turnpike  
Shrewsbury, MA 01545

[www.VillarisShrewsbury.com](http://www.VillarisShrewsbury.com)

508-752-0091

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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CHILD ADVANCED 5:00 - 5:45 PM	CHILD BEGINNER/ INTERMEDIATE 5:00 - 5:45 PM	COLOR BELT SPARRING 5:00 - 5:45 PM	CHILD BEGINNER/ INTERMEDIATE 5:00 - 5:45 PM	SCHOOL CLOSED	TOTS OPEN 10:15 - 10:45 AM	SCHOOL CLOSED
CHILD BEGINNER/ INTERMEDIATE 6:00 - 6:45 PM	<b>KARDIO KICKBOXING 5:45 - 6:45 PM</b>	TOTS OPEN 6:00 - 6:30PM	TOTS OPEN 6:00 - 6:30PM		CHILD BEGINNER/ INTERMEDIATE 11:00 - 11:45 AM	
TEEN OPEN 6:45 - 7:30 PM	ADULT OPEN 6:45 - 7:45 PM	BLACK BELT OPEN 6:45 - 7:45 PM	CHILD ADVANCED/ TEEN OPEN 6:45 - 7:30 PM		CHILD ADVANCED/ TEEN OPEN 11:45 - 12:30 PM	

### Ability Levels

Beginner: White to Orange  
Intermediate: Purple to Blue/Stripe  
Advanced: Green to Brown  
Open: All Ranks



### Age Groups

Tots: ages 4 to 6  
Child: ages 7 to 10  
Teen: ages 11 to 17  
Adult: ages 18+

All Holiday Cancellations, Inclement Weather Cancellations, Rank Tests, and Event scheduling will be posted online at [www.VillarisShrewsbury.com](http://www.VillarisShrewsbury.com) and [Facebook.com/VillarisShrewsbury](https://www.facebook.com/VillarisShrewsbury)