



KARATE CLASS SCHEDULE

Updated: January 2020

Villari's of Shrewsbury

196 Boston Turnpike
Shrewsbury, MA 01545

www.VillarisShrewsbury.com

508-752-0091

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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PRIVATE LESSONS BY APPOINTMENT ONLY 4:30 - 4:45 PM	PRIVATE LESSONS BY APPOINTMENT ONLY 4:30 - 4:45 PM	PRIVATE LESSONS BY APPOINTMENT ONLY 4:30 - 4:45 PM	PRIVATE LESSONS BY APPOINTMENT ONLY 4:30 - 4:45 PM		KARDIO KICKBOXING 9:30 - 10:10	
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	PRIVATE LESSONS BY APPOINTMENT ONLY 4:30 - 4:45 PM	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 and [Facebook.com/VillarisShrewsbury](https://www.facebook.com/VillarisShrewsbury)