



Villarismansfield.com

Located in the East Brook Mall
95 Storrs Rd, Mansfield 06226
860-456-8020

TheTeam@Villarismansfield.com

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| Explorers 4:15-5:00 | Green Stripe & Brown Belts 4:15-5:00 | Explorers 4:15-5:00 | | Junior Beginner <i>White, Yellow, & Orange Belts</i> 4:15-5:00 | Black Belt Open 9:45-10:30 |
| Junior Beginner <i>White, Yellow, & Orange Belts</i> 5:00-5:45 | Green Belts 5:00-5:45 | Junior Intermediate <i>Purple, Blue, & Blue Stripe Belts</i> 5:00-5:45 | Green & Green Stripe Belts 5:00-5:45 | Junior Intermediate <i>Purple, Blue, & Blue Stripe Belts</i> 5:00-5:45 | Explorers 10:30-11:15 |
| Junior Intermediate <i>Purple, Blue, & Blue Stripe Belts</i> 5:45-6:30 | Teen Open <i>White - Green Stripe Belts</i> 5:45-6:30 | Junior Beginner <i>White, Yellow, & Orange Belts</i> 5:45-6:30 | Teen Open <i>White - Green Stripe Belts</i> 5:45-6:30 | *BBC Programming 5:45-6:30 | Junior Beginner <i>White, Yellow, & Orange Belts</i> 11:15-12:00 |
| Teen Brown & Black Belts 6:30-7:15 | Tai Chi 6:30-7:15 | Adult Under Black Belts 6:30-7:15 | Adult Under Black Belts 6:30-7:15 | Green & Green Stripe Belts 6:30-7:15 | Junior Intermediate <i>Purple, Blue, & Blue Stripe Belts</i> 12:00-12:45 |
| Adult Under Black Belts 7:15-8:00 | Black Belt Open 7:15-8:15 | Black Belt Open 7:15-8:15 | AIM Fitness Kickboxing 7:15-8:00 | Teen Brown & Black Belts 7:15-8:00 | *BBC Programming 12:45-1:15 |
| | | | | | Green & Green Stripe Belts 1:30-2:15 |
| | | | | | Teens & Brown Belts 2:15-3:00 |

Age Key

Explorers: 5&6 Year Olds

Juniors: 7-12 Year Olds

Teens: 11-16 Year Olds

Adults: 17+ Year Olds

| Personal Trainings | *Black Belt Club Programming |
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| <ul style="list-style-type: none"> • Times available by request; must register in advance • 30 minutes; Orange Belts and Higher Only • Cancellation requires 24-hour notice • 3:1 Student to Instructor Ratio Maximum • 2 Class Credits | <p>Visit our website for schedule and program details. All programs are held on either Friday evenings or Saturday afternoons.</p> <ul style="list-style-type: none"> • Leadership • Demo Team • Weapons Training • Turbo Training • Just for Fun • Black Belt Test Prep |