



MarlboroVillaris.com

Located at 194 Main Street
Marlborough, MA 01752
508-481-4909
dominick@villarismartialarts.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Explorers (Ages 5 - 6) 4:00-4:45			Junior White to Blue 10:00-10:45
Explorers (Ages 5 - 6) 4:15-5:00	Closed Tuesdays	Junior White to Blue 4:45-5:30	Explorers (Ages 5 - 6) 4:15-5:00	Closed Fridays	Adult Open 11:00-12:00
Junior White to Blue 5:15-6:00		Teen Open 5:45-6:30	Junior White to Blue 5:00-5:45		Tai Chi 12:30-1:30
Teen Open 6:15-7:00		Adult Open 6:30-7:30	Teen Open 5:45-6:30		*BBC Programming 1:30-2:15
Adult Open 7:15-8:15		Adult Black Belts 7:30-8:30	Tai Chi 6:30-7:15		
			Traditional Workout 7:15-8:00		

Personal Trainings

- 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

***Black Belt Club Programming**

- 5 Animal Leadership
- Bo Staff Training
- Tournament Prep (Kata / Sparring)
- Grappling