



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	Blue & Blue Stripe Belts 4:15-5:00	Explorers 4:15-5:00	Green & Green Stripe Belts 4:15-5:00	White, Yellow, & Orange Belts 4:15-5:00	Teen & Adult Black Belts 9:45-10:30
White & Yellow Belts 5:00-5:45	Green & Green Stripe Belts 5:00-5:45	White – Purple Belts 5:00-5:45	Blue & Blue Stripe Belts 5:00-5:45	Purple, Blue, & Blue Stripe Belts 5:00-5:45	Explorers 10:30-11:15
Orange & Purple Belts 5:45-6:30	Teen White - Purple Belts 5:45-6:30	Brown Belts 5:45-6:30	Teen White - Green Stripe Belts 5:45-6:30	<b>*BBC Programming 5:45-6:30</b>	White, Yellow, & Orange Belts 11:15-12:00
Brown Belts 6:30-7:15	Teen Blue - Green Stripe Belts 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	Purple, Blue, & Blue Stripe Belts 12:00-12:45
Adult Under Black Belts 7:15-8:00	<b>Tai Chi 7:15-7:45</b>	Black Belts 7:15-8:15	<b>AIM Fitness Kickboxing 7:15-8:00</b>	Brown & Black Belts 7:15-8:00	<b>*BBC Programming 12:45-1:15</b>
	Teen & Adult Black Belts 7:45-8:30				Green, Green Stripe, & Brown Belts 1:30-2:15
					Teen White - Green Stripe Belts 2:15-3:00

**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
- 2 Class Credits

**\*Black Belt Club Programming**

Visit our website for schedule and program details. All programs are held on either Friday evenings or Saturday afternoons.

- Leadership
- Demo Team
- Weapons Training
- Turbo Training
- Just for Fun
- Black Belt Test Prep