

**Schedule  
Starts  
6/25/11**



# Villari's Self-Defense And Wellness Center, LLC

Villaricenter.com / 802-864-0844



**Schedule  
Starts  
6/25/11**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p>11am - 3pm Call to schedule private lessons, private group lessons, or on site classes.</p> <p>4pm - 5pm Kids age 5-11</p> <p>5pm Private Lessons</p> <p>5:30pm - 6:30 Adult 14+ All Rank White - Black</p>	<p>5:00pm Masters Class To be announced Tuesdays . 4th degree and higher</p> <p>6:30 Assorted specialty classes from the masters Such as; V-Power, weapons, animal techniques sparring drills Etc...</p>	<p>11am - 3pm Call to schedule private lessons, private group lessons, or on site classes.</p> <p>4pm - 5pm Kids age 5- 11</p> <p>5pm Private Lessons</p> <p>5:30 - 6:30 All rank White to Black</p> <div style="border: 1px solid red; padding: 5px;"> <p>T-shirt season is here</p> <p>Feel free to wear a Villari T-shirt instead of the Gi Top.</p> <p>Don't have a Villari T shirt then wear a plain T shirt. No writing at all / no exceptions.</p> <p><b>Always</b> bring full uniform to every class just in case.</p> </div>	<p>Black Belt Private lessons available call to schedule your lesson today.</p> <p>5:30 - 6:30 Adult 15+ Black Belts ONLY</p>	<p><u>First Friday of the Month</u> Is Chi Kung class 5:30 to 7pm Please e-mail mastershover@gmavt.net to register or sign up on the counter.</p> <p>Testing's to be announced</p> <p>Assorted specialty classes from the masters Such as; V-Power, weapons, animal techniques sparring drills Etc...</p>	<p>9am - 10am White to blue</p> <p>10am - 11am Blue grn stp to Brown</p> <p>11 - 12 Teen/adult all rank 13+ ONLY</p> <p>Ferrisburg Advanced (green stripe and up) 8:30-9 Kids – 9-10 Teen/adult – 10-11</p> <p>St. Albans Kids 5-11 9:30 - 10:30</p> <p>Adults 12+ 10:30 - 11:30</p>
<p style="text-align: center;"><u>Summer Membership Drive</u></p> <p>This summers membership drive bonus is 1/2 price lessons for 3 months if you refer a student that joins. If you refer 2 students that join your train for free for 3 months. Any referrals after that you get a \$25 account credit that can be used for classes, retail, or private lessons.</p>					

This is a family oriented school. We prefer not to mass advertise to protect the quality of the clientele so we rely on you to tell people about us. In return we get quality students that we all enjoy to be around and our way of saying thank you is to offer enrollment bonuses. If you or your child enjoys training here then please spread the word to other friends and family.

**Villari's Self-Defense & Wellness Center, LLC is Teaching Mindful Martial Arts for Personal Safety**

**Our other locations:**

St. Albans - 802-752-7982, Richmond - 802-310-1233, Monkton - 802-349-2053, Ferrisburg - 802-989-1562, Middlebury- 802-349-2053