

# DOUVRIS

Karate • Fitness • Leadership



## COVID-19 VIRTUAL SCHEDULE APRIL LOCKDOWN

TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:00-4:45 TBT		4:00-4:45 TBT	10:00-10:45 TBT
5:00-5:30 TYKES	5:00-5:30 TYKES	4:55-5:40 KARATE KIDS WHITE - ORANGE/GREEN	11:15-11:45 TYKES
5:40-6:25 KARATE KIDS WHITE - ORANGE/GREEN	5:40-6:25 KARATE KIDS WHITE - ORANGE/GREEN	5:50-6:35 KARATE KIDS GREEN - BLACK	12:00-12:45 KARATE KIDS ALL BELTS
6:35-7:20 KARATE KIDS GREEN - BLACK	6:35-7:20 KARATE KIDS GREEN - BLACK	6:45-7:30 KARATE ADULTS WHITE-GREEN	1:00-1:45 KARATE ADULTS ALL BELTS
7:30-8:15 WEAPONS - BO	7:30-8:15 KARATE ADULTS WHITE - GREEN	7:40-8:25 KARATE ADULTS BLUE-BLACK	
8:25-9:10 KARATE ADULTS BLUE - BLACK	8:25-9:10 TBT		

MY GOAL IS TO BECOME THE BEST PERSON I CAN BE.

I WILL ACHIEVE THIS OBJECTIVE BY DISCIPLINING MY BODY AND MY MIND - WORKING TO  
OVERCOME OBSTACLES THAT HINDER MY POSITIVE GROWTH.

I KNOW THIS WILL TAKE DISCIPLINE.

I AM READY TO MAKE THIS COMMITMENT TO MYSELF IN ORDER TO BECOME THE BEST PERSON I  
CAN BE AND TO SHARE THIS PROGRESS WITH OTHERS.

Hours of Operation: Tuesday, Wednesday, & Thursday: 5:00pm to 9:00pm

Saturday: 10:00am to 1pm

Mondays, Fridays, & Sundays: Closed

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