

DOUVRIS

Karate • Fitness • Leadership



DOUVRIS Kanata Schedule

Effective April 5, 2022

Please use Rhinofit to reserve your space in class!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				4:15 - 5:00 Total Body Training	
	5:15 - 6:00 Kids White-Yellow Belts	5:15 - 5:45 Tykes	5:15 - 6:00 Kids Orange-Black Belts	5:00 - 5:30 Tykes	10:00 - 10:45 Total Body Training
	6:00 - 6:45 Kids Orange-Black Belts	5:45 - 6:30 Kids Black Belt Members	6:00 - 6:45 Kids White-Yellow Belts	5:30 - 6:30 Kids Sparring	10:45 - 11:15 Tykes
	6:45 - 7:45 Adults All Belts	6:30 - 7:30 Adults Sparring	6:45 - 7:45 Adults All Belts	6:30 - 7:15 Weapons	11:15 - 12:00 Kids All Belts
	7:45 - 8:30 Total Body Training	7:30 - 8:15 Total Body Training	7:45 - 8:30 Total Body Training		12:00 - 1:00 Adults All Belts

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.

Office Hours: Tuesday to Thursday: 5:00pm to 8:00pm
Friday: 4:00pm to 7:00pm
Saturday: 10:00am to 1pm
Sunday - Monday: Closed

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