

DOUVRIS

Karate • Fitness • Leadership



Kanata Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 - 5:15 Fitness & Kickboxing		4:30 - 5:15 Fitness & Kickboxing			9:30 - 10:15 Fitness & Kickboxing
5:15 - 5:45 Karate Tykes	5:00 - 5:45 Karate Kids (White - Yellow)	5:15 - 5:45 Karate Tykes	5:00 - 5:45 Karate Kids (White - Yellow)	5:10 - 5:40 Kids Fitness & Kickboxing	10:15 - 10:45 Karate Tykes
5:45 - 6:30 Karate Kids (Orange - Green)	5:45 - 6:30 Kids Sparring (Orange - Black)	5:45 - 6:30 Karate Adults (White - Orange)	5:45 - 6:30 Karate Kids BBM	5:45 - 6:30 Kids Sparring (Orange - Black)	10:45 - 11:30 Karate Kids (White - Yellow)
6:30 - 7:15 Karate Kids (Blue - Black)	6:30 - 7:15 Adult Sparring (Orange - Black)	6:30 - 7:15 Karate Adult BBM	6:30 - 7:15 Karate Adult (White - Orange)	6:30 - 7:15 Adult Sparring (Orange - Black)	11:30 - 12:15 Karate Kids (Orange - Green)
7:15 - 8:00 Karate Adult (White - Orange)	7:15 - 8:00 Karate Black Belt	7:15 - 8:00 Tournament Team (Forms)	7:15 - 8:00 Karate Adult (Green - Black)	7:15 - 8:15 Tournament Team	12:15 - 1:00 Karate Kids (Blue - Black)
8:00 - 8:45 Karate Adult (Green - Black)	8:00 - 8:45 Fitness & Kickboxing	8:00 - 9:00 Tournament Team (Sparring)	8:00 - 8:45 Fitness & Kickboxing		1:00 - 1:45 Bo

Schedule is effective as of January 1st, 2024

Member Creed

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.