

DOUVRIS

Karate • Fitness • Leadership



Kanata Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 - 5:00 Private Lessons by Appointment	4:30 - 5:00 Kids Fitness & Kickboxing	4:00 - 5:00 Private Lessons by Appointment	4:00 - 5:00 Private Lessons by Appointment	4:00 - 5:30 Private Lessons by Appointment	9:30 - 10:15 Fitness & Kickboxing
5:00 - 5:30 Karate Tykes	5:00 - 5:45 Karate Kids (White - Yellow)	5:00 - 5:30 Karate Tykes	5:00 - 5:45 Karate Kids (White - Yellow)	5:30 - 6:00 Kids Fitness & Kickboxing	10:15 - 10:45 Karate Tykes
5:30 - 6:15 Karate Kids BBM	5:45 - 6:30 Kids Sparring (Orange - Black)	5:30 - 6:15 Karate Adult BBM	5:45 - 6:30 Karate Kids (Orange - Green)	6:00 - 6:45 Kids Sparring (Orange - Black)	10:45 - 11:30 Karate Kids (White - Yellow)
6:15 - 7:00 Bo	6:30 - 7:15 Adult Sparring (Orange - Black)	6:15 - 7:00 Fitness & Kickboxing	6:30 - 7:15 Karate Kids (Blue - Black)	6:45 - 7:30 Adult Sparring (Orange - Black)	11:30 - 12:15 Karate Kids (Orange - Green)
7:00 - 8:00 Karate Adult (White - Black)	7:15 - 7:45 Karate Black Belt	7:00 - 8:00 Tournament Team	7:15 - 8:15 Karate Adult (White - Black)	7:30 - 8:30 Tournament Team	12:15 - 1:00 Karate Kids (Blue - Black)
8:00 - 8:45 Fitness & Kickboxing	7:45 - 8:30 Fitness & Kickboxing		8:15 - 9:00 Fitness & Kickboxing		1:00 - 2:00 Karate Adult (White - Black)

Schedule is effective as of September 30th, 2024

Member Creed

My goal is to become the best person I can be. I will achieve this objective by discipling 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.