

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 – 6:30 Karate Adult (White – Black)	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 Karate Adult (White – Orange)	6:30 – 7:15 Adult Sparring (Orange – Black)	6:30 – 7:15 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 – 7:45 Karate Adult BBM	7:15 – 7:45 Karate Black Belt	7:15 – 8:15 Tournament Team	7:15 – 8:15 Karate Adult (White – Black)	7:30 – 8:30 Tournament Team	12:15 – 1:00 Karate Kids (Blue – Black)
7:45 – 8:30 Fitness Kickboxing	7:45 – 8:30 Fitness Kickboxing		8:15 – 9:00 Fitness Kickboxing		1:00 – 2:00 Bo Class

The schedule is effective as of January 27th, 2025

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.