

# DOUVRIS

Karate • Fitness • Leadership



## Kanata Class Schedule

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

Schedule is effective as of March 24<sup>th</sup>, 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.