



**DOUVRIS**  
Karate • Fitness • Leadership

## DOUVRIS MARTIAL ARTS – EFFECTIVE January 4th, 2020

2275 Gladwin Crescent, Ottawa, ON K1B4K9 • 613.234.5000 [www.douvris.com](http://www.douvris.com)

### Zoom Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:00 – 5:30</b> Tykes	<b>5:00 – 5:45</b> Karate Kids White – Orange	<b>5:00 – 5:30</b> Tykes	<b>5:00 – 5:45</b> Karate Kids White – Orange		<b>9:15 – 9:45</b> Tykes
<b>5:45 – 6:30</b> Karate Kids Green - Black	<b>6:00 – 6:45</b> Karate Adults All Belts	<b>5:45 – 6:30</b> Karate Kids Green – Black	<b>6:00 – 6:45</b> Karate Adults All Belts		<b>10:00 – 10:45</b> Karate Kids All Belts
		<b>6:45 – 7:30</b> Karate Adults BBM			<b>11:00 – 11:45</b> Karate Adults All Belts

**“Today I will not worry about the things  
I can’t control”  
– anonymous**