

DOUVRIS

Karate • Fitness • Leadership



Ottawa-East Class Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--------|---|
| 4:15 – 4:45 Karate Tykes Beginners | 4:00 – 4:45 TBT | 4:15 – 4:45 Karate Tykes Beginners | 4:00 – 4:45 TBT | | 9:15 – 9:45 Karate Tykes |
| 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 | | 10:00 – 10:45 Karate Kids White – Yellow |
| 5:45-6:30 Karate Kids Blue-Black | 6:00-6:45 Karate Kids Orange-Green | 5:45-6:30 Karate Kids Blue-Black | 6:00-6:45 Karate Kids Orange-Green | | 11:00 – 11:45 Karate Kids Orange – Black |
| 6:45 – 7:30 Junior Black Belts | 7:00 – 7:45 Bo Class | 6:45-7:30 Karate Kids BBM | 7:00-7:45 Karate Adults All Belts | | 12:00 – 12:45 Karate Adults All Belts |
| 7:45 – 8:30 TBT | 8:00 – 9:00 Karate Adults All Belts | 7:45 – 8:30 Karate Adults BBM | 8:00 – 8:45 TBT | | 1:00 – 1:45 TBT |

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.

Schedule is effective as of April 5, 2021