

DOUVRIS

Karate • Fitness • Leadership



Ottawa-East Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 – 4:45 Family Fitness	4:00 – 4:45 Strength and Condition	4:00 – 4:45 Fitness Kickboxing	4:00 – 4:45 Fitness Kickboxing		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 Drills/Sparring
6:45 – 7:30 Karate Kids White-Yellow	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 Fitness Kickboxing	7:45 – 8:30 Karate Adults All Belts	7:45 – 8:30 Karate Adults BBM	8:00 – 8:45 Fitness Kickboxing		1:00 – 1:45 Fitness Kickboxing
	8:30-9:15 Karate Adults Yellow-Black Drills sparring				

Schedule Effective February 21, 2023

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 February 21, 2023

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