

# DOUVRIS

Karate • Fitness • Leadership



## Ottawa-East Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>4:00 – 4:45</b> Strength and Condition	<b>4:00 – 4:45</b> Fitness Kickboxing	<b>4:00 – 4:45</b> Fitness Kickboxing		<b>9:15 – 9:45</b> Karate Tykes
<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>10:00 – 10:45</b> Karate Kids White – Yellow
<b>5:45-6:30</b> Karate Kids Blue-Black	<b>6:00-6:45</b> Karate Kids Orange-Green	<b>5:45-6:30</b> Karate Kids Blue-Black	<b>6:00-6:45</b> Karate Kids Orange-Green		<b>11:00 – 11:45</b> Karate Kids Orange – Black Drills/Sparring
<b>6:45 – 7:30</b> Karate Kids White-Yellow	<b>7:00 – 7:45</b> Bo Class	<b>6:45-7:30</b> Karate Kids BBM	<b>7:00-7:45</b> Karate Adults All Belts		<b>12:00 – 12:45</b> Karate Adults All Belts
<b>7:45 – 8:30</b> Fitness Kickboxing	<b>7:45 – 8:30</b> Karate Adults All Belts	<b>7:45 – 8:30</b> Karate Adults BBM	<b>8:00 – 8:45</b> Fitness Kickboxing		<b>1:00 – 1:45</b> Strength and Conditioning
	<b>8:30-9:15</b> Karate Adults Yellow-Black Drills sparring				

### 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 January 13, 2023

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