

DOUVRIS

Karate • Fitness • Leadership



Douvris Barrhaven Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|--|
| 4:15 – 4:45 Karate Tykes All Belts Karate Kids White – Yellow | 3:45 – 4:45 Tournament Team | 4:15 – 4:55 Karate Kids Green - Brown/Black | 4:15 – 4:55 Karate Kids White- Orange/Green | 4:25 – 5:25 Junior Black Belts Black Belts | 8:15 – 8:55 AM Fitness Kickboxing |
| 4:45 – 5:25 Karate Kids Sparring Green + | 4:45 – 5:25 Karate Kids White - Orange/Green | 5:00 – 5:30 Karate Tykes | 4:55 – 5:35 Karate Kids -Green – Brown/Black | 5:30 – 6:00 Karate Tykes All Belts Karate Kids White - Yellow | 9:00 – 9:30 AM Karate Tykes |
| 5:25- 6:05 Karate Kids Sparring Green+ (Tournament Team 12-) | 5:25 – 6:05 Karate Kids Green – Brown/Black | 5:30 – 6:00 Karate Kids White - Yellow | 5:35- 6:15 Karate Kids and Adults White - Orange | 6:00 – 6:40 Karate Kids White - Orange/Green | 9:30 – 10:10 AM Karate Kids White – Brown/Black |
| 6:05 – 6:45 Karate Adults White - Orange | 6:05 – 6:45 Karate Adults Green - Brown | 6:00 – 6:30 Karate Kids Orange – Orange/Green | 6:15- 6:55 Karate Adults Green - Brown | 6:40 – 7:20 Karate Kids Green – Brown/Black | 10:10 – 10:50 AM Karate Kids and Adults White – Brown |
| 6:45 – 7:25 Fitness Kickboxing | 6:45– 7:25 Junior Black Belts Black Belts | 6:30 – 7:00 Junior Black Belts ONLY | 7:00– 8:00 Black Belts ONLY | 7:20 – 8:00 Karate Adults White - Brown | 10:50 – 11:30 AM Karate Kids and Adults Sparring Green + |
| 7:25 – 8:05 Karate Adults Sparring Green + | 7:30 – 8:00 Black Belts 2 nd and 3 rd degree | 7:00 – 7:40 Karate Adults White - Orange | 8:00 – 9:00 Fitness Kickboxing | | 11:30 – 12:15 PM Karate Adults White - Brown |
| 8:05 – 8:45 Karate Adults Sparring Green + | 8:00 – 9:00 Fitness Kickboxing | 7:45 – 8:45 Weapons | | | 12:15 – 12:50 PM Junior Black Belts Black Belts |
| 8:45 – 9:15 Tournament Team 13+ | | | | | 1:00 – 2:00 PM Tournament Team |

The schedule is effective as of SEPTEMBER 2, 2025

Student 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.