

DOUVRIS

Karate • Fitness • Leadership



Douvris Martial Arts Bank Street HQ Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00 – 9:45 Fitness Kickboxing
12:00 – 1:00 Karate Adults All belts	12:00 – 1:00 Spartan	12:00 – 1:00 Karate Adults All belts	12:00 – 1:00 Spartan		9:45 – 10:15 Karate Tykes
4:10 – 4:55 Fitness Kickboxing	4:00-5:00 Private Lessons By Appointment Only	4:10 – 4:55 Tournament Team (Kata/Weapons)	4:00-5:00 Private Lessons By Appointment Only	4:10 – 4:55 Fitness Kickboxing	10:15 – 11:00 Karate Kids White-Green
5:00 – 5:30 Karate Tykes	5:00 – 5:30 Kids Kickboxing	5:00 – 5:30 Karate Tykes	5:00 – 5:30 Kids Kickboxing	5:00 – 5:30 Karate Tykes	11:00 – 11:30 Bo Class (Beginner)
5:30 – 6:15 Karate Kids White - Yellow	5:30 – 6:15 Karate Kids Blue - Black	5:30 – 6:15 Karate Kids White - Yellow	5:30 – 6:15 Karate Kids Orange - Green	5:30 – 6:15 Karate Kids White - Yellow	11:30 – 12:00 Bo Class (Advanced)
6:15 – 7:00 Kids BBM	6:15 – 7:00 Tournament Team Rec and Youth/Adult Point Sparring	6:15 – 7:00 Karate Kids Orange – Green	6:15 – 7:00 Karate Kids Blue - Black	6:15 – 6:45 Family Fitness Kickboxing	12:00 – 12:45 Karate Youth/Adults White-Blue
7:00 – 7:45 Karate Youth/Adults White - Green	7:00 – 7:45 Fitness Kickboxing Strength & Conditioning	7:00 -7:45 Karate Youth/Adults Black Belts	7:00 – 7:45 Fitness Kickboxing Strength & Conditioning	6:45 – 7:30 Karate Kids Orange – Black Drills/Sparring	12:45 – 1:30 Karate Youth/ Adults Brown, Junior Black & Black belt
7:45 – 8:30 Karate Youth/Adults BBM	7:45 – 8:30 Tournament Team National & International	7:45 – 8:30 Karate Youth/ Adults White - Green	7:45 – 8:45 Karate Youth/ Adults Blue - Black	7:30 – 8:45 Tournament Team National & International	1:30 -2:00 Instructor Clinic
8:30 – 9:15 Fitness Kickboxing		8:30 – 9:15 Fitness Kickboxing			2:00-3:00 Tournament Team Strength & Conditioning

The schedule is effective as of November 1st 2025 and may be subject to change

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.