

DOUVRIS

Karate • Fitness • Leadership



Aylmer-Gatineau Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		11:30 - 12:15 Cardio/Fitness Kickboxing		11:30 - 12:15 Cardio/Fitness Kickboxing	9:00 - 9:45 Cardio/Fitness Kickboxing
5:30 - 6:15 Blanc à Vert White - Green	5:30 - 6:00 Karate Tykes	5:30 - 6:15 Orange à Brun Orange - Brown	5:30 - 6:00 Karate Tykes	5:30 - 6:15 Blanc à Orange White - Orange	9:45 - 10:15 Karate Tykes
6:15 - 7:00 Orange à Brun Orange - Brown	6:00 - 6:45 Blanc à Orange White - Orange	6:15 - 7:00 BBM Enfants Kids	6:00 - 6:45 Blanc à Orange White - Orange	6:15 - 7:00 Orange à Noir Enfants Orange - Black Kids	10:15 - 11:00 Blanc à Orange White - Orange
7:00 - 7:45 Noir Black	6:45 - 7:30 Vert à Brun Green - Brown	7:00 - 8:00 BBM Adultes Adults	6:45 - 7:30 Vert à Noir Adultes Green - Black Adults	7:00 - 7:45 SPARRING Enfants Kids	11:00 - 11:45 Vert à Brun Green - Brown
7:45 - 8:30 Cardio/Fitness Kickboxing	7:30 - 8:15 SPARRING Adultes Adults	8:00 - 8:45 Noir Black	7:30 - 8:15 Cardio/Fitness Kickboxing		11:45 - 12:30 Noir Black

The schedule is effective as of December 1, 2025

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.