

DOUVRIS

Karate • Fitness • Leadership



Ottawa-East Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:00 – 4:45 Strength and Conditioning	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		9:45 – 10:30 Karate Kids White – Yellow
5:30 – 6:15 Karate Kids Blue-Black	5:45 – 6:30 Karate Kids Orange-Green	5:30 – 6:15 Karate Kids Blue-Black	5:45 – 6:30 Karate Kids Orange-Green		10:30 – 11:15 Karate Kids Beginner Drills/Sparring
6:15 – 7:00 Karate Kids White-Yellow	6:30 – 7:15 Karate Kids and Adults Black Belts	6:15 – 7:00 Karate Kids BBM	6:30 – 7:15 Karate Kids Blue-Black		11:15 – 12:00 Karate Kids Advanced Drills/Sparring
7:00 – 7:45 Karate Kids Orange-Green	7:15 – 8:00 Karate Adults All Belts	7:00 – 7:45 Karate Adults BBM	7:15 – 8:00 Karate Adults All Belts		12:00 – 12:45 Karate Adults All Belts
7:45 – 8:30 Fitness Kickboxing	8:00 – 8:45 Karate Adults Drills sparring	7:45 – 8:30 Fitness Kickboxing	8:00 – 8:45 Fitness Kickboxing		12:45 – 1:30 Strength and Conditioning
					1:30 – 2:00 Bo Class

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 November 8th, 2025

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