

DOUVRIS

Karate • Fitness • Leadership



Kanata Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 – 5:00 Private Lessons by Appointment	4:30 – 5:00 Kids Fitness Kickboxing	4:00 – 5:00 Private Lessons by Appointment	4:00 – 5:00 Private Lessons by Appointment	4:30 – 5:00 Kids Fitness Kickboxing	9:30 – 10:15 Fitness Kickboxing
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)	5:00 – 5:30 Karate Tykes	10:15 – 10:45 Karate Tykes
5:30 – 6:15 Karate Kids BBM	5:45 – 6:30 Kids Sparring (Orange – Black)	5:30 – 6:15 Karate Kids (White – Yellow)	5:45 – 6:30 Karate Kids (Orange – Green)	5:30 – 6:15 Kids Sparring (Orange – Black)	10:45 – 11:30 Karate Kids (White - Yellow)
6:15 – 7:00 Karate Adult (White – Orange)	6:30 – 7:15 Adult Sparring (Orange – Black)	6:15 – 7:00 Karate Adult (White – Orange)	6:30 – 7:15 Karate Kids (Blue – Black)	6:15 – 7:00 Adult Sparring (Orange – Black)	11:30 – 12:15 Karate Kids (Orange - Green)
7:00 – 7:45 Karate Adult BBM	7:15 – 7:45 Karate Black Belt	7:00 – 7:45 Karate Adult (Green – Black)	7:15 – 8:00 Karate Adult (Green – Black)	7:00 – 7:45 Karate Adult (White – Orange)	12:15 – 1:00 Karate Kids (Blue – Black)
7:45 – 8:30 Fitness Kickboxing	7:45 – 8:30 Fitness Kickboxing	7:45 – 8:45 Tournament Team	8:00 – 8:45 Fitness Kickboxing	7:45 – 8:45 Tournament Team	1:00 – 1:45 Bo

Schedule is effective as of December 15th, 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.