

DOUVRIS

Karate • Fitness • Leadership



Kemptonville Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	12:30-1:15 All Belts Karate Adults		4:30-5:15 Kid Fit		8:30-9:15 TBT Precision
5:00-5:30 Karate Tykes Group B	4:30-5:15 Kid Fit	5:30-6:15 White- Green Karate Kids	5:30-6:00 Bo Class Karate Kids		9:30-10:00 Karate Tykes Group A
5:45-6:30 White- Green Karate Kids	5:30-6:00 Karate Tykes Group A	6:30-7:15 Blue-Black Karate Kids	6:15-7:00 TBT Strength		10:15 - 10:45 Karate Tykes Group B
6:45-7:30 Blue-Black Karate Kids	6:15-7:00 Blue-Black Kids	7:30-8:15 Black Belt Adult	7:15-8:00 White-Brown Karate Adults		11:00-11:45 White to Green Karate Kids
7:45-8:30 TBT Power	7:15-8:00 White-Brown Karate Adults	8:30-9:15 TBT Precision	8:15-9:00 Black Belt Adult		12:00-12:45 All Belts Karate Adults
	8:15-9:00 TBT Strength				

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 March 1, 2019

Hours of Operation

Monday - Thursday: 5:00 p.m. - 9:00 p.m.

Friday: Closed

Saturday: 9:00 a.m. - 1:00 p.m.

Sunday: Closed

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