

DOUVRIS

Karate • Fitness • Leadership



Kemptonville Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:30-5:15 Kid Fit	5:00-5:45 White - Yellow Kids	5:00-5:30 Bo Class Kids		9:15-9:45 Karate Tykes
4:30 - 5:30 Tournament Team	5:30-6:00 Karate Tykes	5:45-6:30 Orange - Green Kids DOJO B	5:15-6:00 Orange - Green Kids		10:00 - 10:45 White - Yellow Kids
5:45-6:30 White - Yellow Kids	6:15-7:00 BBM Kids	6:00-6:45 Blue - Black Kids	6:15-7:00 White - Brown Adults		10:15-11:00 Orange - Green Kids DOJO B
6:45-7:30 Blue - Black Kids	7:15-8:00 All Belts Adults	7:00-7:45 BBM Adults	7:15-8:00 Black Belt Adult		11:00 - 11:45 Blue - Black Kids
					11:15-12:00 All Belts Adults DOJO B
7:45-8:30 TBT Power Bag Class	7:15-8:00 TBT Strength DOJO B	7:45-8:30 TBT Focus DOJO B			8:30-9:15am TBT Kickboxing DOJO B

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 Sept 27, 2021

Hours of Operation

Monday - Thursday: 4:00 p.m. - 8:30 p.m.

Friday: Closed

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

Sunday: Closed