

DOUVRIS

Karate • Fitness • Leadership



Kemptville Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:00-5:45 White - Yellow Kids DOJO B	5:00-5:30 Bo Class Kids DOJO B		9:15-9:45 Tykes Karate DOJO A
5:45-6:30 White - Yellow Kids DOJO A	5:30-6:00 Tykes Karate DOJO A	5:15-6:00 Orange - Green Kids DOJO A	5:15-6:00 Orange - Green Kids DOJO A		9:15-10:00 All Belts Adults DOJO B
5:45-6:30 Open Class Adult DOJO B	6:15-7:00 BBM Kids DOJO A	6:00-6:45 Blue - Black Kids DOJO A	6:00-7:00 Tournament Team DOJO A		10:00 - 10:45 White - Orange Kids DOJO A
6:45-7:30 Blue - Black Kids DOJO A	7:15-8:00 All Belts Adults DOJO A	7:00-7:45 BBM Adults DOJO A	6:15-7:00 White - Brown Adults DOJO B		10:45-11:30 Green - Black Kids DOJO A
			7:15-8:00 Black Belt Adult DOJO A		
6:45-7:30 Fitness Kickboxing Bag DOJO B	5:30-6:15 Fitness Kickboxing Circuit DOJO B	6:15-7:00 Fitness Kickboxing Circuit DOJO B			8:30-9:15am Fitness Kickboxing Focus 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 SEPTEMBER 1, 2023

Hours of Operation

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

Friday: Closed

Saturday: 8:00 a.m. - 12:00 p.m.

Sunday: Closed

Tel: 613-234-5000

E:mail: kemptville@douvriss.com