

# DOUVRIS

Karate • Fitness • Leadership



## Kemptonville Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:15-6:00</b> White - Yellow Kids <b>DOJO A</b>	<b>5:30-6:00</b> Tykes  <b>DOJO A</b>	<b>5:00-5:45</b> White - Yellow Kids <b>DOJO A</b>	<b>5:15-6:00</b> White - Brown Adults <b>DOJO A</b>		<b>9:15-9:45</b> Tykes  <b>DOJO A</b>
<b>6:00-6:45</b> Orange - Green Kids <b>DOJO A</b>	<b>6:15-7:00</b> BBM Kids <b>DOJO A</b>	<b>5:45-6:30</b> Orange - Green Kids <b>DOJO A</b>	<b>6:00-7:00</b> Tournament Team <b>DOJO A</b>		<b>9:15-10:00</b> All Belts Adults <b>DOJO B</b>
<b>6:00-6:30</b> Bo Class  <b>DOJO B</b>	<b>7:00-7:45</b> All Belts Adults <b>DOJO A</b>	<b>6:30-7:15</b> Blue - Black Kids <b>DOJO A</b>	<b>7:15-8:00</b> Black Belt Adult <b>DOJO A</b>		<b>10:00-10:45</b> All Belts Kids <b>DOJO A</b>
<b>6:45-7:30</b> Blue - Black Kids <b>DOJO A</b>		<b>7:15-8:00</b> BBM Adults <b>DOJO A</b>			<b>10:45-11:30</b> Tournament Team <b>DOJO A</b>
<b>6:45-7:30</b> Fitness Kickboxing Bag <b>DOJO B</b>	<b>5:30-6:15</b> Fitness Kickboxing Circuit <b>DOJO B</b>	<b>6:15-7:00</b> Fitness Kickboxing Circuit <b>DOJO B</b>			<b>8:30-9:15</b> Fitness Kickboxing Focus Mitts <b>DOJO B</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 August 1, 2024**

#### 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