

DOUVRIS

Karate • Fitness • Leadership



Douvris Barrhaven Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:25 – 4:55 Karate Tykes All Belts Karate Kids White - Yellow	3:45 – 4:45 Tournament Team	4:15 – 4:55 Karate Kids Green – Brown/Black	4:15 – 4:55 Karate Kids White- Orange/Green	4:25 – 5:25 Junior Black Belts Black Belts BB Candidates	8:40 – 9:10 9:15 – 9:40 Fitness Kickboxing
5:00 – 5:40 Karate Kids Sparring Green +	4:45 – 5:25 Karate Kids White - Orange/Green	5:00 – 5:30 Karate Tykes	5:00 – 5:40 Karate Kids Green – Brown/Black	5:30 – 6:00 Karate Tykes All Belts Karate Kids White - Yellow	9:50 – 10:20 Karate Tykes
5:45 – 6:25 Karate Kids Sparring Green+	5:30 – 6:10 Karate Kids Green – Brown/Black	5:35 – 6:15 Karate Kid Orange – Orange/Green	5:45 – 6:25 Karate Kids and Adults White - Green	6:05 – 6:45 Karate Kids White - Orange/Green	10:30 – 11:10 Karate Kid White - Orange/Green
6:30 – 7:10 Karate Adults Sparring Green +	6:15 – 6:55 Karate Adults Blue - Brown	6:20 – 6:50 Karate Kids White - Yellow	6:30 – 7:10 Karate Adults Blue - Brown	6:50 – 7:30 Karate Kids Green – Brown/Black	11:15 – 11:55 Karate Kids Green – Brown/Black
7:15 – 7:55 Fitness Kickboxing	7:00 – 8:00 Junior Black Belts Black Belts	7:00 – 7:40 Karate Adults White - Green	7:15 – 7:55 Junior Black Belts Black Belts	7:35 – 8:15 Karate Adults White - Brown	12:15 – 12:55 Karate Kids and Adults Sparring Green +
8:00 – 8:40 Karate Adults Sparring Green +	8:00 – 9:00 Fitness Kickboxing	7:45 – 8:45 Weapons	8:00 – 9:00 Fitness Kickboxing		1:00 – 1:40 Karate Adults All Belts
8:40 – 9:00 Tournament Team 13+					2:00 – 3:00 Black Belt Candidates
					3:00 – 4:00 Tournament Team

The schedule is effective as of April 1, 2025

Student 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.