

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	8:15 AM 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	9:00 – 9:30 AM Karate Tykes
5:45 – 6:25 Karate Kids Sparring Green+ (Tournament Team 12-)	5:30 – 6:10 Karate Kids Green – Brown/Black	5:30 – 6:00 Karate Kids White - Yellow	5:45 – 6:25 Karate Kids and Adults White - Green	6:05 – 6:45 Karate Kids White - Orange/Green	9:35 – 10:15 AM Karate Kids White – Brown/Black
6:30 – 7:10 Karate Adults Sparring Green +	6:15 – 6:55 Karate Adults Green - Brown	6:00 – 6:30 Karate Kids Orange – Orange/Green	6:30 – 7:10 Karate Adults Green - Brown	6:50 – 7:30 Karate Kids Green – Brown/Black	10:20 – 11:00 AM Karate Kids and Adults Sparring Green +
7:15 – 7:55 Fitness Kickboxing	7:00 – 8:00 Junior Black Belts Black Belts	6:30 – 7:00 Junior Black Belts ONLY	7:15 – 7:55 Black Belts ONLY	7:35 – 8:15 Karate Adults White - Brown	11:05 – 11:45 AM Karate Adults White - Brown
8:00 – 8:40 Karate Adults Sparring Green +	8:00 – 9:00 Fitness Kickboxing	7:00 – 7:40 Karate Adults White - Orange	8:00 – 9:00 Fitness Kickboxing		11:45 – 12:30 PM Junior Black Belts Black Belts
8:40 – 9:00 Tournament Team 13+		7:45 – 8:45 Weapons			12:30 – 1:30 PM Tournament Team

The schedule is effective as of July 7, 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.