



DOUVRIS MARTIAL ARTS – EFFECTIVE SEPTEMBER 5, 2020

1270 Bank Street, Ottawa, ON K1S 3Y4 • 613.234.5000 • www.douvriss.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 – 11 :45 TBT Striking		11:00 – 11 :45 TBT Striking			
12:00-1:00 Karate Adults All Belts	11:00 – 11:45am Karate All Belts Kids/Adults	12:00-1:00 Karate Adults All Belts	11:00 – 11:45am Karate All Belts Kids/Adults		9:00 to 9:30 Karate Tykes 9:45 – 10:30 Karate Kids Beginner White – Yellow
4:00 – 4 :30 Karate Tykes	12:00 – 1:00 TBT Spartan	4:00 – 4 :45 Karate Kids Beginner White – Yellow	12:00 – 1:00 TBT Spartan	4:00 – 4 :45 TBT Strength	10:45 – 11:30 TBT Striking
4:45 – 5:30 Karate Kids Black Belt	4:00 – 4:45 Karate Kids Intermediate Orange - Green	5:00 - 5 :45 BBM Kids Intermediate Orange – Green	4:00 – 4:45 Karate Kids Advanced Blue – Brown	5:00 – 5:30 Karate Tykes	11:45 – 12:30 Karate Kids Advanced Blue – Brown
5:45 – 6:30 Karate Adults White – Green Belts	5:00 – 5:45 Karate Kids Advanced Blue – Brown	6:00 - 6:45 BBM Kids Advanced Blue – Black	5:00 – 5:45 Karate Kids Intermediate Orange – Green	5:45-6:30 Karate Kids Beginner White - Yellow	12:45 – 1:30 Karate Adults Black Belts
6:45 – 7:30 Karate Adults Blue - Black Belt	6:00 – 6:45 TBT Strength	7:00 – 7:45 TBT Striking	6:00 – 6:45 TBT Striking	6:45 – 7:30 Karate Kids Intermediate Orange – Green	1:45 – 2:30 Karate Kids Black Belts
7:45 – 8:30 TBT Striking	7:00 – 7:45 Karate Adults Blue – Black	8:00 – 9:00 Karate Adults BBM	7:00 – 7:45 Karate Adults White-Green Belts	7:45 pm TBT Striking	2:45 – 3:30 Bo Class

	8:00 pm Tournament Team Ages 13+		8:00 – 8:45 Karate Adults Adv. Blue – Black		
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OTTAWA'S #1 MARTIAL ARTS ORGANIZATION

COMMUNITY...
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to learn more!