



DOUVRIS MARTIAL ARTS – EFFECTIVE April 13th, 2024
 1270 Bank Street, Ottawa, ON K1S 3Y4 • 613.234.5000 • www.douvriss.com

OTTAWA'S #1 MARTIAL ARTS ORGANIZATION

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|
| | | | | | 9:00 to 9:45 Fitness Kickboxing |
| 12:00-1:00 Karate Adults All Belts | 12:00 – 1:00 Spartan | 12:00-1:00 Karate Adults All Belts | 12:00 – 1:00 Spartan | | 9:45-10:15 Karate Tykes |
| | | | | | 10:15 – 11:00 Karate Kids White - Yellow |
| | | | | | 11:00 – 11:45 Karate Kids Black Belt |
| 4:10 – 4:55 Fitness Kickboxing | | 4:00-4:45 Tournament Team | | 4:10 – 4:55 Fitness Kickboxing | 11:45 – 12:30 Karate Adults White - Blue |
| 5:00 – 5:30 Karate Tykes | 5:00 – 5:30 Kids Kickboxing | 5:00 – 5:30 Karate Tykes | 5:00 – 5:30 Kids Kickboxing | 5:00 – 5:30 Karate Tykes | 12:30 – 1:30 Karate Adults Brown & Black Belt |
| 5:30 – 6:15 Karate Kids White – Yellow | 5:30 – 6:15 Karate Kids Blue - Black | 5:30 – 6:15 Karate Kids White - Yellow | 5:30 – 6:15 Karate Kids Orange – Green | 5:30 – 6:15 Karate Kids White - Yellow | 1:30 - 2:15 Bo Class |
| 6:15 – 7 :00 Kids BBM | 6:15 – 7 :00 Fitness Kickboxing | 6:15 – 7 :00 Karate Kids Orange - Green | 6:15– 7 :00 Karate Kids Blue – Black | 6:15 – 7 :00 Karate Kids Orange – Black Drills / Sparring | |
| 7:00 – 7:45 Karate Adults White – Green | 7:00 – 7:45 Karate Adults Orange-Black Drills+Sparring | 7:00 – 7:45 Karate Adults White – Green | 7 :00 – 7 :45 Fitness Kickboxing | 7:00 – 7:30 Kids Kickboxing | |
| 7:45 – 8:30 Karate Adults BBM | 7:45-8:45 Tournament Team 13+ | 7:45 – 8:30 Karate Adults Black Belts | 7 :45 – 8:45 Karate Adults Blue - Black | 7:30 – 8:45 Tournament Team | |
| 8:30 – 9:15 Fitness Kickboxing | | 8:30 – 9:15 Fitness Kickboxing | | | |

**“ Today I will not worry about the
 things I cannot control”
 - anonymous**