



DOUVRIS MARTIAL ARTS – EFFECTIVE January 11th 2025
 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 Bo Class
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 Junior Black & 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	
6:15 – 7 :00 Kids BBM	6:15 – 7 :00 Fitness Kickboxing Strength & Conditioning	6:15 – 7 :00 Karate Kids Orange - Green	6:15– 7 :00 Karate Kids Blue – Black	6:15 – 6:45 Family Fitness Kickboxing	
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 Strength & Conditioning	6:45-7:30 Karate Kids Orange – Black Drills / Sparring	
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**