

# DOUVRIS

Karate • Fitness • Leadership



## Bank Street Class Schedule

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

The schedule is effective as of January 11<sup>th</sup>, 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.