

DOUVRIS

Karate • Fitness • Leadership



DMA Orleans Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:15-9:45 KARATE TYKES All Belts
5:30-6:15 KARATE KIDS Beginner White/Yellow	5:15-5:45 KARATE TYKES All Belts		5:15-6:00 KARATE KIDS Beginner White/Yellow		9:45-10:30 KARATE KIDS Beginner White/Yellow
6:15-7:00 KARATE KIDS Advanced Blue/Black	5:45-6:30 KARATE KIDS Intermediate Orange/Green		6:00-6:45 KARATE KIDS Intermediate Orange/Green		10:30-11:15 KARATE KIDS Beginner Sparring
7:00-8:00 ADULT KARATE Beginner White/Yellow	6:30-7:15 KARATE KIDS Advanced Blue/Black		6:45-7:45 ADULT KARATE Beginner White/Yellow		11:15-12:00 BBM Juniors/Adults
8:00-8:45 ADULT KARATE Sparring	7:15-8:15 ADULT KARATE Int/Adv Orange-Black		7:45-8:45 ADULT KARATE Int/Adv Orange-Black		12:00-12:45 JUNIOR SPARRING

MEMBER 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.

Schedule is effective as of March 1, 2020

HOURS OF OPERATION

Monday: 5:30 PM – 8:45 PM • Tuesday: 5:15 PM – 8:15 PM
Thursday: 5:15 PM – 8:45 PM
Saturday: 9:15 AM – 12:45 PM