

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	5:30-6:00 KARATE TYKES All Belts	5:30-6:00 KARATE TYKES All Belts	5:30-6:15 KARATE KIDS Beginner White/Yellow		10:00-10:45 KARATE KIDS Beginner White/Yellow
6:30-7:15 KARATE KIDS Advanced Blue/Black	6:15-7:00 KARATE KIDS Senior Inter. Orange-Green/ Green	6:15-7:00 KARATE KIDS Junior Inter. Orange	6:30-7:15 KARATE KIDS ALL Inter. Orange/Green		11:00-12:00 TBT Strength & Conditioning
7:30-8:15 ADULT KARATE Beginner White/Orange	7:15-8:00 ADULT KARATE Int/Adv Green/Black	7:15-8:00 KARATE KIDS Advanced Blue/Black	7:30-8:15 ADULT KARATE Beginner White/Orange		12:15-1:00 KARATE KIDS ALL Inter. Orange/Green
8:30-9:30 TOTAL BODY TRAINING Striking		8:15-9:15 TOTAL BODY TRAINING Strength & Conditioning	8:30-9:15 ADULT KARATE Int/Adv Green/Black		1:15-2:00 BBM Juniors
					2:15-3:00 BBM Adults

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.

Effective September 1, 2020

HOURS OF OPERATION

Monday: 5:30 PM – 9:30 PM • Tuesday: 5:30 PM – 8:00 PM
Wednesday: 5:30 PM – 9:15 PM • Thursday: 5:30 PM – 9:15 PM
Saturday: 9:15 AM – 3:00 PM