

# DOUVRIS

Karate • Fitness • Leadership



## DMA Orleans Class Schedule

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
					10:00-10:30 KARATE TYKES All Belts	9:15-9:45 KARATE TYKES All Belts
5:15-6:00 KARATE KIDS BEG White-Yellow	5:00-5:30 KARATE TYKES All Belts	5:15-5:45 KARATE TYKES All Belts	5:00-5:45 KARATE KIDS BEG White-Yellow		10:30-11:15 KARATE KIDS BEG White-Yellow	9:45-10:30 KARATE KIDS BEG White-Yellow
6:00-6:45 KARATE KIDS INTER Orange/O-G	5:30-6:15 KARATE KIDS BEG White-Yellow	5:45-6:30 KARATE KIDS BEG White-Yellow	5:45-6:30 ROOM A KARATE KIDS INTER Orange/O-G		11:15-12:00 ROOM A KARATE KIDS INTER Orange/O-G	10:30-11:15 ROOM A KARATE KIDS INTER Orange/O-G
6:45-7:30 KARATE KIDS ADV Blue/Green	6:15-7:00 ROOM A KARATE KIDS INTER Orange/O-G	6:30-7:15 ROOM A KARATE KIDS INTER Orange/O-G	5:45 - 6:30 PM ROOM B KARATE KIDS ADV Brown/Jr.Black		11:15-12:00 ROOM B KARATE KIDS ADV Blue/Green	10:30-11:15 ROOM B KARATE KIDS ADV Brown/Jr.Black
7:30-8:15 YTH/ADULT KARATE BEG White/Orange	6:15-7:00 ROOM B KARATE KIDS ADV Brown/Jr.Black	7:15-8:00 ROOM B KARATE KIDS ADV Blue/Green	6:30-7:15 YTH/ADULT KARATE BEG White/Orange		12:00-12:45 ROOM A BEG.JUNIOR POINT SPARRING	11:15-12:00 YTH/ADULT KARATE Inter/Adv Brown/Black
					12:00 - 12:30 ROOM B BBM GROUP #1	
8:15 - 9:00 ROOM A YTH/ADULT KARATE INTER/ADV Green/Blue	7:00-7:45 YTH/ADULT KARATE INTER/ADV Brown/Black	8:00-8:45 ROOM A YTH/ADULT KARATE INTER/ADV Green/Blue	7:15 - 8:00 ROOM A YTH/ADULT KARATE INTER/ADV Brown/Black		12:45 - 1:30 ROOM A ADV. JUNIOR POINT SPARRING	12:00-12:30 YTH/ ADULT WEAPONS Green/Black NEW
					12:45 - 1:15 pm ROOM B BBM GROUP #2	
8:15-9:00 ROOM B FITNESS KICKBOXING Strength/ Conditioning	7:45-8:30 YTH/ADULT KARATE POINT SPARRING	8:00-8:45 ROOM B FITNESS KICKBOXING Striking	7:15-8:00 ROOM B FITNESS KICKBOXING Strength/ Conditioning		1:15-2:00 ROOM B YTH/ADULT KARATE BEG White/Orange	12:30-1:15 ROOM A YTH/ADULT KARATE INTER/ADV Green/Blue
			8:00 - 8:30 BLACK BELT			12:30-1:15 ROOM B FITNESS KICKBOXING Striking

### EFFECTIVE JUNE 1, 2024 • BUSINESS HOURS

Monday: 4:30 PM - 9:00 PM • Tuesday: 4:30 PM - 9:00 PM  
 Wednesday: 4:30 PM - 9:00 PM • Thursday: 4:30 PM - 9:00 PM  
 Saturday: 10:00 AM - 3:00 PM • Sunday: 9:00 AM - 2:30 PM