

DOUVRIS

Karate • Fitness • Leadership



CLASS SCHEDULE WESTBORO

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|
| 5:00 to 5:30pm Tykes Karate (ZOOM) | 5:15 to 6:00pm KIDS Brown & Black Belts (ZOOM) | 5:15 to 6:00pm KIDS White – Blue Belts (ZOOM) | 5:15 to 6:00pm KIDS Brown & Black Belts (ZOOM) | 5:00 to 5:30 pm Tykes-Karate (ZOOM) | 9:00 to 10:00am ADULTS Black Belts (ZOOM) |
| 5:45 to 6:45pm ADULTS White-Brown (ZOOM) | 6:15 to 7:15pm ADULTS Black Belts (ZOOM) | 6:15 to 7:15pm ADULTS White – Brown (ZOOM) | 6:15 to 6:45 pm KIDS Orange/ Green Belts (DOJO) | 5:45 to 6:15 pm KIDS White/Yellow Belts (DOJO) | 10:15 to 11 am KIDS White to Blue Belts (ZOOM) |
| 7:00 to 7:45pm ADULTS Black Belts (DOJO) | 7:30 to 8:15pm ADULTS White-Brown Belts (DOJO) | 7:30 to 8:15pm ADULTS Black Belts (DOJO) | 7:00 to 7:45 pm ADULTS White-Brown Belts (DOJO) | 6:30 to 7:15 pm KIDS Blue-Brown-JR.Black Belts (DOJO) | 11:15 to 11:45 am Tykes Karate (DOJO) |

- Each member can attend 2 classes per week (2 zoom or 1 zoom and 1 in class dojo)
- In class sessions must be pre-booked by emailing domaversa99@gmail.com
- Pre-booking will be done on a first come, first served basis for in dojo classes
- Zoom and in dojo Class schedule may be subject to change at end of September
- Schedule effective September 1, 2020

