

# DOUVRIS

Karate • Fitness • Leadership



## Westboro Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 - 5:30pm TYKES & KIDS (ZOOM)	4:45 - 5:15 pm TYKES (DOJO)	5:20 - 6:00pm JUNIOR KIDS Yellow and Yellow- Orange (DOJO)	5:00 - 6:00pm SPECIALTY CLASS (ZOOM) (DOJO)	5:00 - 5:30pm TYKES & KIDS BEGINNERS (ZOOM)	10:20 - 11:00am JUNIOR KIDS (ZOOM)
5:45 - 6:30pm ADULTS KARATE (ZOOM)	5:20 - 6:05pm TEENS Brown & Black Belts (DOJO)	6:15 - 7:00pm ADULTS KARATE (ZOOM)	5:45 - 6:30pm INTERMEDIATE KIDS (DOJO)	5:45 - 6:20pm JUNIOR KIDS White - Green Belts (DOJO)	11:15 - 11:55am TYKES & KIDS BEGINNERS (DOJO)
6:15 - 7:00pm ADULTS 2nd & 3rd Level Black Belts (DOJO)	6:15 - 7:00pm ADULTS Brown - 1st Degree Black Belts (DOJO)	7:00 - 7:45pm ADULTS 2nd & 3rd Level Black Belts (DOJO)	6:30 - 7:15pm ADULTS Orange - 1st Degree Black Belts (DOJO)	6:30 - 7:15pm TEENS Brown - Black Belts (DOJO)	12:00 - 12:40pm INTERMEDIATE KIDS (DOJO)
	7:10 - 7:55pm ADULTS White- Blue Belts (DOJO)		7:15 - 8:00pm SPECIALTY CLASS (ZOOM) (DOJO)	7:20 - 8:00pm SPECIALTY CLASS (ZOOM) (DOJO)	12:45 - 2:00pm SPECIALTY CLASS (ZOOM) (DOJO)

### Member Creed

My goal is - become the best person I can be. I will achieve this objective by disciplining my body and my mind - working - overcome obstacles that hinder my positive growth.

I know this will take discipline - I am ready - make this commitment - myself in order - become the best person I can be and - share this progress with others.

Schedule is effective as of January 1, 2024