

# DOUVRIS

Karate • Fitness • Leadership



## DMA Rockland Class Schedule

MON.	TUES.	WED.	THURS.	FRI	SAT.	SUN.
					9:15 - 10:00 Fitness Kickboxing (Starts Sept 4)	
5:00-5:30 Karate Tykes		5:00-5:30 Karate Tykes	5:00-5:30 Karate Tykes		10:00-10:30 Karate Tykes	
5:30-6:15 Karate Kid Beginners		5:30-6:15 Karate Kid Beginners	5:30-6:15 Karate Kid Beginners		10:30-11:15 Karate Kid Beginners	
6:15-7:00 Karate Adults All Belt		6:15-7:00 Karate Adults All Belt	6:15-7:00 Karate Adults All Belt		11:15-12:00 Karate Adults All Belt	
		7:00-7:45 Fitness Kickboxing (Starts Sept 4)				

**EFFECTIVE JUNE 24th, 2024 • BUSINESS HOURS**

Monday: 4:30 PM – 7:00PM •

Wednesday: 4:30 PM – 8:00PM • Thursday: 4:30 PM – 7:00PM

Saturday: 9:00 AM – 1:00PM

Email: [rockland@douvriskarate.com](mailto:rockland@douvriskarate.com)