

DOUVRIS

Karate • Fitness • Leadership



Rockland Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:15 - 10:00 Fitness Kickboxing
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		7:00 - 7:45 Fitness Kickboxing			

The schedule is effective as of January 2, 2025

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.