

DOUVRIS

Karate • Fitness • Leadership



DMA Rockland Class Schedule

| MON. | TUES. | WED. | THURS. | FRI | SAT. | SUN |
|---|-------|---|---|-----|---|-----|
| | | | | | 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 KIDS Beginners | | 5:30-6:15 KARATE KIDS Beginners | 5:30-6:15 KARATE KIDS Beginners | | 10:30-11:15 KARATE KIDS Beginners | |
| 6:15-7:00 KARATE ADULTS All belts | | 6:15-7:00 KARATE ADULTS All belts | 6:15-7:00 KARATE ADULTS All belts | | 11:15-12:00 KARATE ADULTS All belts | |
| 7:00-7:45 FITNESS KICKBOXING (NEW) | | 7:00-7:45 FITNESS KICKBOXING | | | | |

EFFECTIVE Jan 1, 2024 • BUSINESS HOURS

Monday: 5:00 PM – 8:00 PM • Tuesday: Closed

Wednesday: 5:00 PM – 8:00 PM • Thursday: 5:00 PM – 7:00 PM

Saturday: 9:00 AM – 12:00 PM • Sunday: Closed