

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	5:00-5:45 Kids Sparring	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	5:45-6:30 Adult Sparring	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		7:00-7:45 FITNESS KICKBOXING				

EFFECTIVE April 2st , 2025 • BUSINESS HOURS

Monday: 5:00 PM – 8:00 PM • Tuesday: 5:00 PM-6:30 PM
 Wednesday: 5:00 PM –8:00 PM • Thursday: 5:00 PM – 7:00 PM
 Saturday: 9:00 AM – 12:00 PM • Sunday: Closed

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