

# DOUVRIS

Karate • Fitness • Leadership



## Rockland Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>9:15 – 10:00</b> Fitness Kickboxing
<b>5:00 – 5:30</b> Karate Tykes	<b>5:00-5:30</b> Kids Sparring	<b>5:00-5:30</b> Karate Tykes	<b>5:00 – 5:30</b> Karate Tykes		<b>10:00 – 10:30</b> Karate Tykes
<b>5:30 – 6:15</b> Karate Kid Beginners	<b>5:45-6:30</b> Adult Sparring	<b>5:30 – 6:15</b> Karate Kid Beginners	<b>5:30 – 6:15</b> Karate Kid Beginners		<b>10:30 – 11:15</b> Karate Kid Beginners
<b>6:15 – 7:00</b> Karate Adults All Belt		<b>6:15 – 7:00</b> Karate Adults All Belt	<b>6:15 – 7:00</b> Karate Adults All Belt		<b>11:15 – 12:00</b> Karate Adults All Belt
		<b>7:00 – 7:45</b> 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.