



DOVRIS BARRHAVEN CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 - 5:00 TOTAL BODY TRAINING - H.I.I.T.			4:30 - 5:00 TOTAL BODY TRAINING - H.I.I.T.	4:30 - 5:00 TOTAL BODY TRAINING - H.I.I.T.	09:00 - 9:45 TOTAL BODY TRAINING	
5:15 - 5:45 KARATE TYKES Yellow+	4:45 - 5:30 TOTAL BODY TRAINING	5:00 - 5:30 KARATE TYKES White	5:15 - 6:00 BBM 1 Sparring	5:00 - 5:30 KARATE TYKES White/Yellow	10:00-10:30 KARATE TYKES White	10:00 -10:45 KARATE KIDS Yellow
5:45 - 6:15 KARATE TYKES White	5:45 - 6:15 KARATE TYKES Yellow +	5:30 - 6:15 KARATE KIDS Green-Blue	6:00 - 6:45 BBM 2 Sparring	5:30 - 6:15 KARATE KIDS White	10:30 - 11:00 KARATE TYKES White/Yellow	10:45 -11:30 KARATE KIDS Orange
6:15 - 6:45 KARATE TYKES White/Yellow	6:15 - 7:00 KARATE KIDS Brown - Brown/Black	6:15 - 7:00 KARATE KIDS White	6:45 - 7:30 BBM 3 Sparring	6:15 - 7:00 KARATE KIDS Yellow	11:00 11:30 KARATE TYKES Yellow Sparring	11:30 -12:15 KARATE KIDS Brown - Brown/Black
6:45 - 7:30 KARATE KIDS White	7:00 - 7:45 KARATE KIDS Orange	7:15 - 8:00 TOTAL BODY TRAINING	7:30 - 8:15 BBM 4 Sparring	7:00 - 7:45 KARATE KIDS Orange/Green	11:30 - 12:15 KARATE KIDS White	12:15 - 1:00 KARATE KIDS Orange/Green
7:30 - 8:15 KARATE KIDS Yellow	7:45 - 8:30 BLACK BELTS Kids & Adults	8:00 - 8:45 KARATE ADULTS White-Orange	8:30 - 9:15 TOTAL BODY TRAINING	7:45 - 8:30 KARATE ADULTS Green-Brown	12:15 - 1:00 KARATE KIDS Yellow	1:00 - 1:45 KARATE KIDS Green-Blue
8:30 - 9:15 TOTAL BODY TRAINING	8:30 - 9:15 ADULTS Sparring	8:45 - 9:30 KARATE ADULTS Green +		8:30 - 9:15 KARATE ADULTS White-Orange	1:00 - 1:45 KARATE KIDS BBM 1	1:45 - 2:30 BLACK BELTS Kids & Adults
					1:45 - 2:30 KARATE KIDS BBM 2	2:30 - 3:15 KARATE ADULTS White-Orange
					2:30 - 3:15 KARATE KIDS BBM 3	3:15 - 4:00 KARATE ADULTS Green - Brown
					3:15 - 4:00 KARATE KIDS BBM 4	
					4:15 - 5:45 TOURNAMENT TEAM	

In Effect January 2, 2020



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