

DOUVRIS

Karate • Fitness • Leadership



DOUVRIS BARRHAVEN CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:00 - 11:30 AM Total Body Training				9:00 - 9:45 Total Body Training
	3:00 - 3:45 VIRTUAL PROGRAM		3:00 - 3:45 VIRTUAL PROGRAM		10:00 - 10:30 Karate Kids White - Yellow
4:00 - 4:30 Karate Tykes	4:00 - 4:30 Karate Kids White - Yellow	4:00 - 4:30 Karate Tykes	4:00 - 4:30 Karate Tykes	4:00 - 4:45 All Belts Karate Kids and Adults Sparring/Fitness ZOOM	10:45 - 11:15 Black Belts Kids and Adults
4:45 - 5:15 Karate Kids White - Yellow	4:45 - 5:15 Karate Kids Green - Blue	4:45 - 5:15 Black Belts Kids and Adults	4:45 - 5:15 Karate Kids Orange - Orange/Green	5:00 - 5:30 Total Body Training	11:30 - 12:00 Karate Kids All Belts
5:30 - 6:00 Karate Kids Orange - Orange/Green	5:30 - 6:00 Karate Kids Brown - Brown/ Black	5:30 - 6:00 Karate Kids White - Yellow	5:30 - 6:00 Karate Kids Green - Blue	5:45 - 6:15 Karate Tykes	12:15 - 12:45 Karate Kids All Belts
6:15 - 6:45 Karate Kids Green - Blue	6:15 - 6:45 Karate Kids Orange - Orange/Green	6:15 - 6:45 Karate Kids White - Yellow	6:15 - 6:45 Karate Kids Orange - Orange/Green	6:30 - 7:00 VIRTUAL PROGRAM	
7:00 - 7:30 Karate Kids Orange - Orange/Green	7:00 - 7:30 Karate Kids White - Yellow	7:00 - 7:30 Karate Adults White - Green	7:00 - 7:30 Karate Kids Brown - Brown/ Black	7:15 - 7:45 Karate Adults All Belts	
7:45 - 8:15 Karate Kids Brown - Brown/ Black	7:45 - 8:15 Black Belts Kids and Adults	7:45 - 8:15 Total Body Training	7:45 - 8:15 Black Belts Kids and Adults	8:00 - 8:45 Tournament Team	2:00 - 2:45 Tournament Team ZOOM
8:30 - 9:15 Total Body Training	8:30 - 9:00 Karate Adults White - Green	8:30 - 9:00 Karate Adults Blue - Brown	8:30 - 9:00 Karate Adults Blue - Brown		

In Effect October 5, 2020

HOURS OF OPERATION: Monday - Friday: 3:00 PM - 9:00 PM, Saturday: 9:00 AM - 1:00 PM



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