

# DOUVRIS

Karate • Fitness • Leadership



## DOUVRIS BARRHAVEN CLASS SCHEDULE - ROOM 1

Effective July 19, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				11:00 - 11:40 AM Total Body Training	9:00 - 9:40 AM Total Body Training
					9:55 - 10:25 Karate Tykes
4:15 - 4:55 Total Body Training	4:25 - 4:55 Karate Tykes	4:25 - 4:55 Karate Tykes	4:15 - 4:55 Total Body Training	4:15 - 4:55 Karate Kids Orange- Orange/Green	10:30 - 11:10 Karate Kids White - Yellow
5:00 - 5:40 Karate Kids White - Yellow	5:00 - 5:40 Karate Kids Brown - Brown/Black	5:00 - 5:40 Karate Kids Orange - Orange/Green	5:00 - 5:40 Black Belts Kids and Adults	5:00 - 5:30 Karate Tykes	11:15 - 11:55 Black Belts Kids and Adults
5:45 - 6:25 Karate Kids Orange - Orange/Green	5:45 - 6:25 Karate Kids Green - Blue	5:45 - 6:25 Karate Kids White - Yellow	5:45 - 6:25 Karate Kids White - Yellow	5:45 - 6:25 Karate Adults White-Green	12:00- 12:40 Karate Kids Orange- Orange/Green
6:30 - 7:10 Karate Kids Green - Blue	6:30 - 7:10 Total Body Training	6:30 - 7:10 Karate Kids White - Yellow	6:30 - 7:10 Karate Kids Orange - Orange/Green	6:30 - 7:10 Karate Kids Brown/Black GRADING GROUP 2021	12:45 - 1:25 Karate Kids Green-Blue
7:15- 7:55 Karate Kids Brown - Brown/Black	7:15 - 7:55 Black Belts Kids and Adults	7:15 - 7:55 Karate Adults White-Green	7:15 - 7:55 Karate Adults Blue - Brown	7:15 - 7:55 Karate Adults Brown GRADING GROUP 2021	1:30 - 2:10 Karate Kids Brown - Brown/Black
8:00 - 8:40 Karate Adults White-Green	8:00 - 8:40 Karate Adults Blue - Brown	8:00 - 8:40 Total Body Training	8:00 - 8:40 Total Body Training		2:15 - 2:55 Karate Adults White-Green



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Hours of Operation: Monday - Thursday 4:15 pm - 8:45 pm, Friday 4:15 pm - 8:00 pm, Saturday 9:00 am - 3:00 pm

## DOUVRIS BARRHAVEN CLASS SCHEDULE - ROOM 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 - 5:40 Karate Kids Orange/Green	5:00 - 5:40 Karate Kids Yellow	5:00 - 5:40 Karate Kids Green	5:00 - 5:40 Karate Kids Brown/Black	5:00 - 5:40 Karate Kids White	10 - 10:40 Karate Kids Orange
5:45 - 6:25 Karate Kids Brown/Black	5:45 - 6:25 Karate Kids Orange	5:45 - 6:25 Karate Kids Blue	5:45 - 6:25 Karate Kids Green	5:45 - 6:25 Karate Kids Yellow	10:45 - 11:25 Karate Kids Orange/Green
6:30 - 7:10 Black Belts	6:30 - 7:10 Karate Kids Orange/Green	6:30 - 7:10 Karate Kids Brown	6:30 - 7:10 Karate Adults Orange	6:30 - 7:10 Black Belts	11:30 - 12:10 Karate Kids Yellow
7:15 - 7:55 Karate Adults Brown	7:15 - 7:55 Karate Adults White-Yellow	7:15 - 7:55 Karate Adults Brown	7:15 - 7:55 Karate Adults Green		12:15 - 12:55 Karate Adults Blue
			8:00 - 8:40 Black Belts GRADING GROUP 2021		1:00 - 1:40 Virtual Dojo

**Check out our schedule and join us for one of our classes. Discover the difference that strength, confidence, and empowerment can make in your life.**



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