

DOUVRIS

Karate • Fitness • Leadership



DOUVRIS BARRHAVEN CLASS SCHEDULE - ROOM 1

Effective Sept 7, 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 Green - Blue	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 Green- Brown	12:00- 12:40 Karate Kids Orange-Orange/ Green
6:30 - 7:10 Total Body Training	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-Orange	7:15 - 7:55 Karate Adults Green- 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-Orange	8:00 - 8:40 Karate Adults Green - Brown	8:00 - 9:00 Total Body Training	8:00 - 9:00 Total Body Training		2:15 - 2:55 Karate Adults White-Orange

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



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barrhaven@douvr.com



3780 Fallowfield Rd.



(613) 825-4858

DOUVRIS BARRHAVEN CLASS SCHEDULE - ROOM 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:25 - 4:55 Karate Kids Orange			4:25 - 4:55 Karate Tykes	4:25 - 4:55 Karate Tykes	
5:00 - 5:30 Karate Kids Yellow	5:00 - 5:30 Karate Kids Yellow	5:00 - 5:30 Karate Kids Green	5:00 - 5:30 Karate Kids Brown/Black	5:00 - 5:30 Karate Kids White	10 - 10:30 Karate Kids Orange
5:35 - 6:05 Karate Kids Brown/Black	5:35 - 6:05 Karate Kids Orange	5:35 - 6:05 Karate Kids Blue	5:35 - 6:05 Karate Kids Green	5:35 - 6:05 Karate Kids Yellow	10:35 - 11:05 Karate Kids Orange/Green
6:10 - 6:40 Karate Kids White	6:10 - 6:40 Karate Kids Orange/Green	6:10 - 6:40 Karate Kids Brown	6:10 - 6:40 Karate Kids White	6:10 - 6:40 Karate Kids Blue	11:10 - 11:40 Karate Kids Yellow
6:45 - 7:15 Black Belts	6:45 - 7:15 Karate Kids White	6:45 - 7:15 Karate Kids Blue	6:45 - 7:15 Karate Adults White-Yellow	6:45 - 7:15 Karate Kids Green	11:45 - 12:15 Karate Kids White
7:20 - 7:50 Karate Adults Green	7:20 - 7:50 Karate Kids Orange/Green	7:20 - 7:50 Karate Adults Blue	7:20 - 7:50 Karate Adults Orange	7:20 - 7:50 Black Belts	12:20 - 12:50 Karate Adults Brown
8:00 - 8:30 Karate Adults Brown	8:00 - 8:30 Karate Adults White-Yellow		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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