

DOUVRIS

Karate • Fitness • Leadership



DOUVRIS BARRHAVEN CLASS SCHEDULE - UNIT 1

Effective April 4, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:40 - 9:10 AM Total Body Training
				11:00 - 11:40 AM Total Body Training	9:15 - 9:45 AM Total Body Training
3:30 - 4:10 Total Body Training				3:30 - 4:10 Total Body Training	9:55 - 10:25 Karate Tykes
4:15 - 4:55 Karate Kids Green - Blue SPARRING	4:20 - 4:50 Karate Tykes	4:20 - 4:50 Karate Tykes	4:15 - 4:55 Total Body Training	4:15 - 4:55 Karate Kids White - Yellow	10:30 - 11:10 Karate Kids White - Yellow
5:00 - 5:40 Karate Kids Brown, Brown/ Black, Junior Black SPARRING	5:00 - 5:40 Karate Kids White-Yellow	5:00 - 5:40 Karate Kids Orange - Orange/Green	5:00 - 5:30 Karate Tykes	5:00 - 5:30 Karate Tykes	11:15 - 11:45 Karate Tykes
5:45 - 6:25 Karate Kids Green - Blue SPARRING	5:45 - 6:25 Karate Kids Green - Blue	5:45 - 6:25 Karate Kids White - Yellow	5:45 - 6:25 Karate Kids Brown/Black Junior Black Belt	5:45 - 6:25 Karate Kids White - Yellow	12:00 - 12:40 Kids and Adults All Black Belts
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 Adults Green- Brown	12:45 - 1:25 Karate Kids Orange-Orange/ Green
7:15 - 7:55 Karate Adults Green - Blue SPARRING	7:15 - 7:55 Karate Adults Black Belts	7:15 - 7:55 Karate Adults White-Orange	7:15 - 7:55 Karate Kids White - Yellow	7:15 - 7:55 BLACK BELT PREP 2022 (Invite only)	1:30 - 2:10 Karate Kids Green - Blue
8:00 - 8:40 Karate Adults Brown, Black SPARRING	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
					3:00 - 3:40 Karate Kids White - Yellow



DouvrBarrhaven



DouvrBarrhaven



barrhaven@douvr.com



3780 Fallowfield Rd.



(613) 825-4858

DOUVRIS BARRHAVEN CLASS SCHEDULE - UNIT 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:20 - 4:50 Karate Kids Yellow			4:20 - 4:50 Karate Tykes	4:20 - 4:50 Karate Tykes	9:15- 9:45 AM Karate Tykes
5:00 - 5:30 Karate Kids Orange	5:00 - 5:30 Karate Kids Junior Black Belts	5:00 - 5:30 Karate Kids Yellow	5:00 - 5:30 Karate Kids Yellow	5:00 - 5:30 Karate Kids Junior Black Belts	9:50 - 10:30 Karate Kids Brown Brown/Black
5:35 - 6:05 Karate Kids Orange/Green	5:35 - 6:05 Karate Kids Orange	5:35 - 6:05 Karate Kids Green	5:35 - 6:05 Karate Kids Green	5:35 - 6:05 Karate Kids White	10:35 - 11:05 Karate Kids White
6:10 - 6:40 Karate Kids Yellow	6:10 - 6:40 Karate Kids Orange/Green	6:10 - 6:40 Karate Kids Blue	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 Karate Kids White	6:45 - 7:15 Karate Kids Brown Brown/Black	6:45 - 7:15 Karate Adults Blue	6:45 - 7:15 Karate Adults Brown	6:45 - 7:15 Karate Kids Yellow	11:45 - 12:15 Karate Kids Orange
7:20 - 7:50 Karate Adults White	7:20 - 7:50 Karate Kids White	7:20 - 7:50 Karate Kids Brown Brown/Black	7:20 - 7:50 Karate Adults Orange	7:20 - 7:50 Karate Kids Orange/Green	12:20 - 12:50 Karate Adults Green - Blue (if not spot for Wed)
8:00 - 8:30 Karate Adults Yellow - Orange	8:00 - 8:30 Karate Adults White-Yellow	8:00 - 8:30 Karate Adults Black Belts	8:00 - 8:30 Karate Adults Black Belts	8:00 - 8:30 Karate Adults White-Yellow	1:00 - 1:30 Karate Adults Black Belts
			8:30 - 9:00 Black Belts 2nd degree		1:35 - 2:05 Karate Kids Orange - Orange/Green
					2:10 - 2:40 Karate Kids Yellow
					2:45-3:15 Karate Kids Green-Blue

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.



DouvrBarrhaven



DouvrBarrhaven



barrhaven@douvr.com



3780 Fallowfield Rd.



(613) 825-4858