

DOUVRIS

Karate • Fitness • Leadership



DOUVRIS BARRHAVEN CLASS SCHEDULE - UNIT 1

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 Orange-Orange/ Green SPARRING PREP	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 - 11:55 Karate Kids Orange-Orange/ Green
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 White - Yellow	5:45 - 6:25 Karate Kids Orange - Orange/Green	12:00 - 12:40 Kids and Adults Black Belts
6:30 - 7:10 Total Body Training	6:30 - 7:10 Total Body Training	6:30 - 7:10 Karate Kids Junior Black Belt	6:30 - 7:10 Karate Kids Orange - Orange/Green	6:30 - 7:10 Karate Adults White - 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 Kids and Adults Black Belts	1:30 - 2:10 Karate Kids Green - Blue
8:00 - 8:40 Karate Adults Brown + 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 - Brown
					3:00 - 3:40 Karate Kids White - Yellow



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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 Tykes	5:00 - 5:30 Junior Black Belts	5:00 - 5:30 Karate Kids Yellow	5:00 - 5:30 Karate Kids Orange	5:00 - 5:30 Karate Kids White	9:50 - 10:20 Karate Kids White
5:35 - 6:05 Karate Kids White	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 Blue	10:25 - 11:05 Karate Kids Brown Brown/Black
6:10 - 6:40 Karate Kids Orange/Green	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 Yellow	11:15- 11:45 Karate Kids Tykes
6:45 - 7:15 Karate Kids Orange	6:45 - 7:15 Karate Kids Brown Brown/Black	6:45 - 7:15 Karate Kids Orange	6:45 - 7:15 Karate Adults Brown	6:45 - 7:15 Karate Kids Orange/Green	11:45 - 12:15 Karate Kids Yellow
7:20 - 7:50 Karate Adults White-Orange	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	12:20 - 12:50 Karate Adults Green - Brown
8:00 - 8:30 Karate Adults White-Orange	8:00 - 8:30 Karate Adults White-Yellow	8:00 - 8:30 Karate Adults Green - Blue	8:00 - 8:30 Karate Adults Black Belts	8:00 - 8:30 Karate Adults White-Yellow	1:00 - 1:30 Karate Adults White - Orange
	8:30 - 9:00 Karate Adults Yellow - Orange		8:30 - 9:00 Black Belts 2nd degree		1:35 - 2:05 Karate Kids Orange-Orange/ Green
					2:15 - 2:45 Karate Kids Yellow

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.

IN EFFECT NOVEMBER 1, 2022

Schedule in effect as of September 19, 2022



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