

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	4:20 - 4:50 Karate Tykes	4:20 - 4:50 Karate Tykes	4:15 - 4:55 Karate Kids White-Yellow	4:15 - 4:55 Karate Kids Orange-Orange/ Green	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 Orange - Orange/Green	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 Orange - Orange/Green	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 White - Yellow	6:30 - 7:10 Karate Adults Yellow - 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 Orange - Orange/Green	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	08:00 - 09:00 Kids and Adults Tournament Team	2:15 - 2:55 Karate Adults White - Blue
					3:00 - 3:40 Karate Kids White - Yellow



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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 White	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 White	5:00 - 5:30 Karate Kids Orange	5:00 - 5:30 Karate Kids Orange/Green	9:50 - 10:20 Karate Kids White
5:35 - 6:05 Karate Kids White	5:35 - 6:05 Karate Kids Yellow	5:35 - 6:05 Karate Kids Green	5:35 - 6:05 Karate Kids Yellow	5:35 - 6:05 Karate Kids Brown Brown/Black	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 Green	06:10 - 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 Orange	6:45 - 7:15 Karate Kids Orange	6:45 - 7:15 Karate Adults Brown	6:45 - 7:15 Karate Kids Orange	11:45 - 12:15 Karate Kids Yellow
7:20 - 7:50 Karate Kids Orange	7:20 - 7:50 Karate Kids Brown/Black	7:20 - 7:50 Karate Kids Brown	7:20 - 7:50 Karate Adults Orange	7:20 - 7:50 Karate Adults White-Yellow	12:20 - 12:50 Karate Adults Green - Blue
8:00 - 8:30 Karate Adults White-Yellow	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 All Belts	1:00 - 1:30 Karate Adults Brown
8:30 - 9:00 Karate Adults Yellow- Orange	8:30 - 9:00 Karate Adults Yellow - Orange	8:30 - 9:00 Karate Adults Brown	8:30 - 9:00 Black Belts 2nd degree		1:35 - 2:05 Karate Kids Orange
					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 JANUARY 23, 2022



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