



DOUVRIS

Karate • Fitness • Leadership

DOUVRIS BARRHAVEN - UNIT 1

3780 Fallowfield Rd, Nepean * barrhaven@douvriskarate.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:40 - 9:10 AM Total Body Training
					9:15 - 9:45 AM Total Body Training
					9:55 - 10:25 Karate Tykes
4:15 - 4:55 Karate Kids Green + SPARRING	4:15 - 4:55 Karate Kids Orange- Orange/Green	4:15 - 4:55 Karate Kids Green + SPARRING	4:15 - 4:55 Karate Kids Green - Blue	4:15 - 4:55 Karate Kids White - Yellow	10:30 - 11:10 Karate Kids White - Yellow
5:00 - 5:40 Karate Kids Orange-Orange/ Green	5:00 - 5:40 Karate Kids Green-Blue	5:00 - 5:40 Karate Kids Brown - Brown/Black	5:00 - 5:30 Karate Tykes All belts	5:00 - 5:30 Karate Tykes All belts	11:15 - 11:55 Karate Kids Orange-Orange/ Green
5:45 - 6:25 Karate Kids Green + SPARRING	5:45 - 6:25 Karate Kids Orange - Orange/Green	5:45 - 6:25 Karate Kids Green + SPARRING	5:45 - 6:25 Karate Kids Orange - Orange/Green	5:45 - 6:25 Karate Kids Orange - Orange/Green	12:00 - 12:40 Karate Kids Green+
6:30 - 7:10 Total Body Training	6:30 - 7:10 Total Body Training	6:30 - 7:10 Junior & Full Black Belt	6:30 - 7:10 Karate Kids White - Yellow	6:30 - 7:10 Karate Adults Green - Brown	12:45 - 1:25 Karate Kids & Adults Green + SPARRING
7:15 - 7:55 Karate Adults Green, + SPARRING	7:15 - 7:55 Karate Adults Green-Brown	7:15 - 7:55 Karate Adults White-Orange	7:15 - 7:55 Karate Adults Green-Brown	7:15 - 7:55 Black Belts	1:30 - 2:10 Karate Kids Orange +
8:00 - 8:40 Karate Adults Green + SPARRING	8:00 - 9:00 Black Belts	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 ALL BELTS



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DOUVRIS

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DOUVRIS BARRHAVEN - UNIT 2

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:20 - 4:50 Karate Kids Yellow	4:20 - 4:50 Karate Tykes Yellow - Yellow/Orange	4:20 - 4:50 Karate Tykes White - White/Yellow	4:20 - 4:50 Karate Tykes All belts	4:20 - 4:50 Karate Kids Brown	9:50 - 10:20 Karate Kids Orange
5:00 - 5:30 Karate Tykes	5:00 - 5:30 Karate Kids Brown/Black - Junior Black	5:00 - 5:30 Karate Kids Orange	5:00 - 5:30 Karate Kids Green	5:00 - 5:30 Karate Kids Orange	10:25 - 10:55 Karate Kids Orange/Green
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 Junior Black	5:35 - 6:05 Karate Kids Green	11:00 - 11:30 Karate Kids Green-Blue
6:10 - 6:40 Karate Kids Orange/Green	6:10 - 6:40 Karate Kids White	6:10 - 6:40 Karate Kids Blue	6:10 - 6:40 Karate Kids Brown	06:10 - 6:40 Karate Kids Orange/Green	11:35 - 12:05 Karate Kids White-Yellow
6:45 - 7:15 Karate Kids Orange	6:45 - 7:15 Karate Kids Blue	6:45 - 7:15 Karate Kids Orange/Green	6:45 - 7:15 Karate Kid Blue	6:45 - 7:15 Karate Kids Blue	12:15 - 12:45 Karate Adults White - Yellow
7:20 - 7:50 Karate Kids Orange/Green	7:20 - 7:50 Karate Kids Green	7:20 - 7:50 Karate Kids Orange	7:20 - 8:00 Black Belts (no 2nd de- gree)	7:20 - 7:50 Karate Kids Brown/Black	12:50 - 1:20 Karate Adults Brown
8:00 - 8:30 Karate Adults White-Yellow	8:00 - 8:30 Karate Adults Green	8:00 - 8:30 Karate Adults Brown	8:00 - 9:00 Black Belts 2nd degree only	8:00 - 8:30 Karate Adults White-Orange	
8:30 - 9:00 Karate Adults Orange	8:30 - 9:00 Karate Adults Blue	8:30 - 9:00 Black Belts		8:30 - 9:00 Karate Adults Green +	

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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