



Douvris Barrhaven Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:25 - 4:55 TYKES All Belts SPLIT FLOOR KIDS White/Yellow		4:15 - 4:55 KIDS Green/Blue/ Brown/ Brown-Black	4:15 - 4:55 KIDS White/Yellow/ Orange/ Orange-Green	4:25 - 5:25 BLACK BELTS Junior Black Belts Black Belts Candidates 2025	8:40 - 9: 10 am FITNESS KICKBOXING
5:00 - 5:40 Sparring KIDS Green +	4:45 - 5:25 KIDS White/Yellow/ Orange/ Orange-Green	5:00 - 5:30 TYKES All Belts	5:00 - 5:40 KIDS Green/Blue/ Brown/ Brown-Black	5:30 - 6:00 TYKES All Belts SPLIT FLOOR KIDS White/Yellow	9:15 - 9: 45 am FITNESS KICKBOXING
5:45 - 6:25 Sparring KIDS Green +	5:30 - 6:10 KIDS Green/Blue/ Brown/ Brown-Black	5:35 - 6:15 KIDS White/Yellow/ Orange/ Orange-Green	5:45 - 6:25 KIDS White/Yellow/ Orange-Green/ Green SPLIT FLOOR ADULTS White/Yellow/ Orange/Green	6:05 - 6:45 KIDS White/Yellow/ Orange/ Orange-Green	9:50 - 10:20 am TYKES All Belts
6:30 - 7:10 FITNESS KICKBOXING	6:15 - 6:55 ADULTS Blue-Brown	6:20 - 7:00 ADULTS White/Yellow/ Orange/Green	6:30 - 7:10 ADULTS Blue-Brown	6:50 - 7:30 KIDS Green/Blue/ Brown/ Brown-Black	10:30 - 11:10 am KIDS White/Yellow/ Orange/ Orange-Green
7:15 - 7:55 Sparring- ADULTS Green +	7:00 - 8:00 BLACK BELTS Junior Black Belts	7:00 - 8:00 TOURNAMENT TEAM	7:15 - 7:55 BLACK BELTS Junior Black Belts	7:35 - 8:15 ADULTS White/Yellow/ Orange/Green/ Blue/Brown	11:15 - 11:55 am KIDS Green/Blue/ Brown/ Brown-Black
8:00 - 8:40 Sparring- ADULTS Green +	8:00 - 9:00 FITNESS KICKBOXING	8:00 - 9:00 WEAPONS Brown - Black Belts	8:00 - 9:00 FITNESS KICKBOXING		12:15 - 12:55 pm KIDS AND ADULTS Sparring Green +
					1:00 - 1:40 pm ADULTS All belts
					2:00 - 3:00 pm TOURNAMENT TEAM

BUSINESS HOURS: Monday: 4:00 PM - 9:00 PM • Tuesday: 4:00 PM - 9:00 PM • Wednesday: 4:00 PM - 9:00 PM • Thursday: 4:00 PM - 9:00 PM • Friday: 4:00 PM - 8:00 PM • Saturday 8:30 AM - 3:00 PM



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