

DOUVRIS

Karate • Fitness • Leadership



COVID-19 Class Schedule Horaire de Classes COVID-19

**PAR RENDEZ-VOUS SEULEMENT
BY APPOINTMENT ONLY**

Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday
5:15 – 6:00 Blanc - Jaune White to Yellow	5:15 – 6:00 Orange - Vert Orange to Green	5:15 – 6:00 Bleu - Brun Blue - Brown	5:15 – 6:00 Blanc - Jaune White to Yellow	5:15 – 6:00 Orange - Vert Orange to Green
6:15 - 7:00 Orange - Vert Orange to Green	6:15 – 7:00 Bleu - Brun Blue – Brown	6:15 – 7:00 Noir Black	6:15 – 7:00 Bleu - Brun Blue - Brown	6:15 – 7:00 Bleu - Brun Blue - Brown
7:15 - 8:00 Noir Black	7:15 - 8:00 Blanc - Jaune White to Yellow	7:15 - 8:00 Noir Black	7:15 - 8:00 Cardio Kick-Boxing	7:15 - 8:00 Noir Black
8:15 – 9:00 Cardio Kick-Boxing	8:15 – 9:00 Cardio Kick-Boxing	8:15 – 9:00 Cardio Kick-Boxing		

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