

# DOUVRIS

Karate • Fitness • Leadership



## Class Schedule Horaire de Classes

Horaire sujet à changement

Schedule is subject to change

| <b>Lundi<br/>Monday</b>                              | <b>Mardi<br/>Tuesday</b>                             | <b>Mercredi<br/>Wednesday</b>                        | <b>Jeudi<br/>Thursday</b>  | <b>Vendredi<br/>Friday</b>   | <b>Samedi<br/>Saturday</b>                             |
|--|--|--|--|--|--|
|  |  | 11:30 – 12:15<br><br>Cardio<br>Kick-Boxing           |  | 11:30 – 12:15<br><br>Cardio<br>Kick-Boxing   | 9:00 – 9:45<br><br>Cardio<br>Kick-Boxing               |
| 5:15 – 6:00<br><br>Blanc à Orange<br>White to Orange | 5:30 – 6:00<br><br>Tykes                             | 5:15 – 6:00<br><br>Blanc à Orange<br>White to Orange | 5:30 – 6:00<br><br>Tykes   | 5:30 – 6:00<br><br>Tykes   | 9:45 – 10:15<br><br>Tykes                              |
| 6:00 – 6:45<br><br>Vert à Noir<br>Green to Black     | 6:00 – 6:45<br><br>Blanc à Orange<br>White to Orange | 6:00 – 6:45<br><br>BBM                               | 6:00 – 6:45<br><br>Blanc à Orange<br>White to Orange                                 | 6:00 – 6:45<br><br>Blanc à Orange<br>White to Orange                               | 10:15 – 11:00<br><br>Blanc à Orange<br>White to Orange |
| 6:45 – 7:30<br><br>Bleu à Noir<br>Blue to Black      | 6:45 – 7:30<br><br>Vert à Noir<br>Green to Black     | 6:45 - 7:30<br><br>BBM                               | 6:45 – 7:30<br><br>Vert à Noir<br>Green to Black                                     | 6:45 – 7:30<br><br>SPARRING<br>Orange à Noir<br>Enfants<br>Orange to Black<br>Kids | 11:00 – 11:45<br><br>Vert à Noir<br>Green to Black     |
| 7:30 – 8:15<br><br>Cardio<br>Kick-Boxing             | 7:30 – 8:15<br><br>Cardio<br>Kick-Boxing             | 7:30 - 8:15<br><br>Cardio<br>Kick-Boxing             | 7:30 - 8:15<br><br>SPARRING<br>Orange à Noir<br>Adultes<br>Orange to Black<br>Adults |  | 11:45 – 12:30<br><br>Noir<br>Black                     |



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