

DOUVRIS

Karate • Fitness • Leadership



Class Schedule Horaire de Classes

Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday
5:30 – 6:15 Cardio Kick-Boxing		5:30 – 6:15 Cardio Kick-Boxing		5 :45- 6 :30 Karaté Tykes Karate Tykes	9:15 – 10:00 Cardio Kick-Boxing
6 :15- 7 :00 Blanche - Orange/Verte Enfants White – Orange/Green Kids	6 :00- 6 :45 Verte - Noire Enfants Green – Black Kids	6:15 – 7:15 BBM Enfants Kids	6:45 – 7:30 Cardio Kick-Boxing	6 :45- 7 :30 Blanche- Orange/Verte Enfants White – Orange/Green Kids	10 :00 – 10 :45 Blanche- Orange/Verte Enfants White – Orange/Green Kids
7:00 - 7 :45 Blanche – Brune Adultes White – Brown Adults	6:45 – 7:30 Ceinture Noire Adultes Black Belt Adults	7:15 – 8:15 BBM Adultes Adults	7:30 – 8:30 Blanche – Brune Adultes White – Brown Adults	7:30 – 8:15 Verte - Noire Enfants Green – Black Kids	10:45 – 11:30 Verte - Noire Enfants Green – Black Kids
7:45 – 8:30 Cardio Kick-Boxing	7:30 – 8:15 Cardio Kick-Boxing			8 :15 – 9:00 Classe Libre Enfants Open Class Kids	11 :30 – 12 :15 Blanche – Noire Adultes White – Black Adults 12:15- 12:45 Ceinture Noire Adultes Black Belt Adults



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