



Saroughi Taekwon-Do Orleans Location Schedule 2020



Attention All!
 Students & Instructors must wear face mask and socks to class.

Phone: 613-834-5425

www.saroughi.ca

Effective as of: Jan 4th 2021

MON	TUE	WED	THUR	FRI	SAT	SUN
3:30 – 4:00 Little Dragons	3:30 – 4:00 Little Dragons	3:30 – 4:00 Little Dragons	3:30 – 4:00 Little Dragons	3:30 – 4:00 Little Dragons	9:00 – 9:30 Little Dragons	9:00 – 9:30 Little Dragons
4:05 – 4:35 Little Dragons	4:05 – 4:35 Kids 7+	4:05 – 4:35 Little Dragons	4:05 – 4:35 Kids 7+	4:05 – 4:35 Little Dragons	9:35 – 10:05 Little Dragons	9:35 – 10:05 Little Dragons
4:40 – 5:10 Kids 7+	4:40 – 5:10 Kids 7+	4:40 – 5:10 Kids 7+	4:40 – 5:10 Kids 7+	4:40 – 5:10 Kids 7+	10:10 - 10:40 Kids 7+	10:10 - 10:40 Kids 7+
5:15 – 5:45 Teens	5:15 – 5:45 Teens	5:15 – 5:45 Teens	5:15 – 5:45 Teens	5:15 – 5:45 Teens	10:45 – 11:15 Family	10:45 – 11:15 Family
5:50 – 6:20 Family	5:50 – 6:20 Family	5:50 – 6:20 Family	5:50 – 6:20 Family	5:50 – 6:20 Family	11:20 – 11:50 Family	11:20 – 11:50 Family
6:25 – 6:55 Family	6:25 – 6:55 Family	6:25 – 6:55 Family	6:25 – 6:55 Family	6:25 – 6:55 Family	11:55– 12:25 Adults	11:55– 12:25 Adults
7:00 – 7:30 Adults	7:00 – 7:30 Adults	7:00 – 7:30 Adults	7:00 – 7:30 Adults	7:00 – 7:30 Adults	12:30 -1:00 Kickboxing	12:30 -1:00 Kickboxing
7:35 -8:05 Kickboxing	7:35 -8:05 Adult	7:35 -8:05 Kickboxing	7:35 -8:05 Adult	7:35 -8:05 Kickboxing		
	8:10 – 8:40 Kickboxing		8:10 – 8:40 Kickboxing			