



Saroughi Taekwon-Do Bank-Street Schedule 2021

Attention all Students!

- 1- 10 Students are allowed per Class with 8 feet distancing
- 2- Students must wear face mask and socks to class.
- 3- Student must wait outside to be called in after we clean the equipments with disinfectant!



613-288-7777

Saroughi.ca

Effective as of Feb 16th /2021

MON	TUE	WED	THUR	FRI	SAT	SUN
12:00 -12:45 KICKBOXING		12:00 -12:45 KICKBOXING		12:00 -12:45 KICKBOXING		
					Private Session	Private Session
4:10 – 4:40 Little Dragons	4:10 – 4:40 Teens	4:10– 4:40 Little Dragons	4:10– 4:40 Teens		9:20-9:50 Private	9:20-9:50 Private
4:45– 5:30 Family	5:00 – 5:30	5:00– 5:30 Kids 7	4:45– 5:30 Family		10:00 - 10:30 Family	10:00 - 10:30 Family
5:35 – 6:05 Kids 7+	5:35 – 6:05 Kids 7+	5:35 – 6:05 Kids 7+	5:35 – 6:05 Kids 7+	5:35 – 6:05 Kids 7+	10:35 – 11:15 Family	10:35 – 11:15 Family
6:10 – 6:40 Family	6:10 – 6:40 Family	6:10 – 6:40 Family	6:10 – 6:40 Family	6:10 – 6:40 Family	11:20 – 12:00 Adults	11:20 – 12:00 Adults
6:45 – 7:15 Family	6:45 – 7:15 Family	6:45 – 7:15 Family	6:45 – 7:15 Family	6:45 – 7:15 Family	12:00- 1:00 Private	12:00 -1:00 Private
7:20 – 7:50 Adults	7:20 – 7:50 Adults	7:20 – 7:50 Adults	7:20 – 7:50 Adults	7:20 – 7:50 Adults		