



Saroughi Taekwon-Do ITF



1950 Bank-Street- Schedule 2021

613-288-7777

www.Saroughi.ca

sit@saroughi.ca

(Effective as of Dec 15th / 2021)

MON	TUE	WED	THUR	FRI	SAT	SUN
4:55 – 5:25 Little Dragons				4:55– 5:25 Little Dragons		
5:25 – 6:05 Kids 7+	5:25 – 6:05 Kids 7+	5:25 – 6:05 Kids 7+	5:25 – 6:05 Kids 7+	5:25 – 6:05 Kids 7+	10:00 - 10:40 Family	10:00 - 10:40 Family
6:05 – 6:45 Family	6:05 – 6:45 Family	6:05 – 6:45 Family	6:05 – 6:45 Family	6:05 – 6:45 Family	10:40 – 11:20 Family	10:40 – 11:20 Family
6:45 – 7:25 Family	6:45 – 7:25 Family	6:45 – 7:25 Family	6:45 – 7:25 Family	6:45 – 7:25 Family	11:20 – 12:00 Adults	11:20 – 12:00 Adults
7:25 – 8:10 Adults	7:25 – 8:15 Black Belts	7:25 – 8:10 Adults	7:25 – 8:10 Adults			