



Saroughi Taekwon-Do ITF



Ottawa South, 1950 Bank-Street- Schedule 2023

www.Saroughi.ca sit@saroughi.ca 613-288-7777 (Effective as of Feb 20th / 2023)

MON	TUE	WED	THUR	FRI	SAT	SUN
4:50 – 5:20 Little Dragons				4:50– 5:20 Little Dragons		
5:20 – 6:00 Kids 7+	5:20 – 6:00 Kids 7+	5:20 – 6:00 Kids	5:20- 6:00 Kids	5:20 – 6:00 Kids 7+	10:00 – 10:45 Family	10:00 – 10:45 Family
6:00 – 6:45 Family	6:00 – 6:45 Family	6:00 – 6:45 Family	6:00 – 6:45 Family	6:00– 6:45 Family	10:45 – 11:30 Teens/ Adult	10:45 – 11:30 Teens/ Adult
6:45 – 7:30 Teens / Adult	6:45 – 7:30 Family	6:45 – 7:30 Teens / Adult	6:45 – 7:30 Family			