



# Saroughi Taekwon-Do



Ottawa South, 1950 Bank-Street- Schedule 2023

www. Saroughi.ca

sit@saroughi.ca

613-288-7777

Effective as of **October 13<sup>th</sup> / 2023**

MON	TUE	WED	THUR	FRI	SAT	SUN
5:00 – 5:45 Kids 7+	5:00 – 5:40 <b>Little Dragons</b> 3-6 yrs		5:00 – 5:40 <b>Little Dragons</b> 3- 6 yrs	5:00 – 5:45 Kids 7+	10:00 – 10:45 am Family	10:00 – 10:45 am Family
5:45 – 6:45 Family	5:45 – 6:45 <b>Family</b> <b>Green Belt +</b>	5:45 – 6:45 Family	5:45 – 6:45 Family	5:45 – 6:30 <b>Family</b> <b>Green Belt +</b>	10:45 – 11:45 am <b>Teens/ Adult</b>	10:45 – 11:45 am <b>Teens/ Adult</b>
6:45 – 7:45 <b>Teens / Adult</b>	6:45 – 7:30 Family	6:45 – 7:45 <b>Teens / Adult</b>	6:45 – 7:30 Family			