SAROUGHI TAEKWON-DO ITF

Orleans Location- Schedule 2024

Phone: 613-834-5425 www.saroughi.ca Effective as of: January 01st / 2024

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