

Saroughi Taekwon-Do ITF

Ottawa South, 1950 Bank-Street- Schedule 2024



www.Saroughi.ca Email: sit@saroughi.ca 613-288-7777

Effective as of July 15st / 2024

MON	TUE	WED	THUR	FRI	SAT	SUN
4:30- 5:00 Little Ninjas 3+		5:00- 5:30 Little Ninjas 3+			9:45 – 10:45 Family All Belt	9:45 – 10:45 Family All Belt
5:00 – 5:30 Little Dragons 6+				5:00 – 5:30 Little Dragons 6+	10:45 – 11:45 Teens/ Adult All Belt	10:45 – 11:45 Teens/ Adult All Belt
5:45 – 6:45 Family All Belt	5:45 – 6:45 Family Green Belt +	5:45 – 6:45 Family All Belt	5:45 – 6:45 Family All Belt	5:45 – 6:30 Family Green Belt +		
6:45 – 7:45 Teens / Adult All Belt		6:45 – 7:45 Teens / Adult All Belt				