

Saroughi Taekwon-Do ITF

Ottawa South, 1950 Bank-Street- Schedule 2025



[www. Saroughi.ca](http://www.Saroughi.ca)

Email: sit@saroughi.ca

613-288-7777

Effective as of Jan 3rd /2025

MON	TUE	WED	THUR	FRI	SAT	SUN
5:00 – 5:40 Little Dragons		5:00 – 5:40 Little Dragons			9:45 – 10:45 Family All Belt	9:45 – 10:45 Family 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		10:45 – 11:45 Teens/ Adult All Belt	10:45 – 11:45 Teens/ Adult All Belt
6:45 – 7:45 Teens / Adult All Belt		6:45 – 7:45 Teens / Adult All Belt				