

Saroughi Taekwon-Do ITF

Ottawa South, 1950 Bank-Street- Schedule 2025



www.Saroughi.ca

Email: sit@saroughi.ca

613-288-7777

Effective as of July 8th /2025

MON	TUE	WED	THUR	FRI	SAT	SUN
5:00 – 5:40 Little Dragons	5:30 – 6:30 Family Green Belt +	5:00 – 5:40 Little Dragons	5:30 – 6:30 Family All Belt		9:45 – 10:45 Family All Belt	9:45 – 10:45 Family All Belt
5:45 – 6:45 Family All Belt	6:30 – 7:30 Black Belts	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				