

# Saroughi Taekwon-Do ITF

Ottawa South, 1950 Bank-Street- Schedule 2025



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

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613-288-7777

Effective as of: Sept 01<sup>st</sup> / 2025

MON	TUE	WED	THUR	SAT	SUN
4:50 – 5:30 Little Dragons	5:30 – 6:15 Family All Belt	4:50 – 5:30 Little Dragons	5:30 – 6:15 Family All Belt		
5:30 – 6:30 Family All Belt	6:00– 7:00 Red Belt- <b>Black Belt</b>	5:30 – 6:30 Family All Belt	6:00 – 7:00 Red Belt- <b>Black Belt</b>	9:30 – 10:30 Family All Belt	9:30 – 10:30 Family All Belt
6:30 – 7:30 Teens / Adult All Belt		6:30 – 7:30 Teens / Adult All Belt		10:30 – 11:30 Teens / Adult All Belt	10:30– 11:30 Teens / Adult All Belt