



Saroughi ITF Taekwon-Do



Ottawa South, 2-1950 Bank-Street- Schedule 2026

www.Saroughi.ca Email: sit@saroughi.ca 613-612-5425 Effective as of: March 18th / 2026

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