



# Saroughi ITF Taekwon-Do

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



[www.Saroughi.ca](http://www.Saroughi.ca) Email: [sit@saroughi.ca](mailto:sit@saroughi.ca) 613-612-5425 Starting as of June 10<sup>st</sup> to Aug 30<sup>th</sup>

MON	TUE	WED	THUR	SAT	SUN
5:00 – 5:45 Little Dragons		5:00 – 5:45 Little Dragons		9:30 – 10:15 Family All Belt	9:30 – 10:15 Family All Belt
5:45 – 6:30 Family All Belt	5:45 – 6:30 Family All Belt	5:45 – 6:30 Family All Belt	5:45 – 6:30 Family All Belt	10:15 – 11:00 Teens / Adult All Belt	10:15 – 11:00 Teens / Adult All Belt
6:30 – 7:15 Teens / Adult	6:30 – 7:15 Red Belt <b>Black Belt</b>	6:30 – 7:15 Teens / Adult	6:30 – 7:15 Red Belt <b>Black Belt</b>		