



Saroughi ITF Taekwon-Do

2-1950 Bank-Street Ottawa South
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Effective as of, July / 28th /2026

MON	TUE	WED	THUR	SAT	SUN
5:00 – 5:30 Little Dragons (30 min 4-6)		5:00 – 5:30 Little Dragons (30 min 4-6)			
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	9:30 – 10:15 am Family All Belt	9:30 – 10:15 am Family All Belt
6:30 – 7:15 Teens / Adult All Belt	6:30 – 7:15 Red Belt Black Belt	6:30 – 7:15 Teens / Adult All Belt	6:30 – 7:15 Red Belt Black Belt	10:15 – 11:15 am Teens / Adult All Belt	10:15 – 11:15 am Teens / Adult All Belt