



Saroughi Taekwon-Do ITF

Ottawa South, 1950 Bank-Street-Unit 2KIV-7Z8



www.Saroughi.ca

Email: sit@saroughi.ca

613-612-5425

Effective as of: Sept 01st / 2026

MON	TUE	WED	THUR	SAT	SUN
5:00 – 5:30 Little Dragons	5:00 – 5:45 Kids Age 10+	5:00 – 5:30 Little Dragons	5:00 – 5:45 Kids Age 10+	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 – 11:15 Teens / Adult All Belt	10:15 – 11:15 Teens / Adult All Belt
6:30 – 7:30 Teens / Adult All Belt	6:30 – 7:30 Black Belt	6:30 – 7:30 Teens / Adult All Belt	6:30 – 7:30 Black Belt		