



SAROUGH TAEKWON-DO ITF

Orleans Location 2016 Tenth Line RD Orleans #9

www.saroughi.ca

Phone: 613-834-5425

Effective as of: Sept 01st / 2026

MON	TUE	WED	THUR	FRI	SAT	SUN
4:00 – 4:30 Little Dragons	4:00 – 4:30 Little Dragons	4:00 – 4:30 Little Dragons	4:00 – 4:30 Little Dragons	4:00 – 4:30 Little Dragons	9:30 – 10:00 Little Dragons	9:30 – 10:00 Little Dragons
4:35 – 5:15 Kids 7+	4:35 – 5:15 Kids 7+	4:35 – 5:15 Kids 7+	4:35 – 5:15 Kids 7+	4:35 – 5:15 Kids 7+	10:05- 10:45 Kids 7+	10:05 - 10:45 Kids 7+
5:15 – 5:55 Teens	5:15 – 5:55 Teens	5:15 – 5:55 Teens	5:15 – 5:55 Teens	5:15 – 5:55 Teens	10:45 – 11:25 Family	10:45 – 11:25 Family
5:55 – 6:35 Family	5:55 – 6:35 Family	5:55 – 6:35 Family	5:55 – 6:35 Family	6:30 – 7:15 Kickboxing	11:25 – 12:05 Family	11:25 – 12:05 Family
6:35 – 7:15 Family	6:35 – 7:15 Family	6:35 – 7:15 Family	6:35 – 7:15 Family		12:05– 1:05 Adults	12:05– 12:45 Adults
7:15 – 7:55 Adults	7:15 – 7:55 Adults	7:15 – 7:55 Adults	7:15 – 7:55 Adults		1:05 -1:50 Kickboxing	
7:55 -8:35 Kickboxing		7:55 -8:35 Kickboxing				