



Saroughi Taekwon-Do Manotick Location Schedule 2020

1165 Beaverwood Rd Manotick, ON K4M-1A4

Tel: (613) 287-3702



Mon	Wed	Fri	Sat
	4:00- 4:30 Little Dragons 4-6 yrs old	4:00- 4:30 Little Dragons 4-6 yrs old	10:00 – 10:30 Family
4:35 -5:05 Kids 7+	4:35 -5:05 Kids 7+	4:35 -5:05 Kids 7+	10:35 -11:05 Family
5:10- 5:40 Family	5:10- 5:40 Family	5:10- 5:40 Family	11:10 – 11:40 Teens/ Adults
5:45- 6:15 Family	5:45- 6:15 Family	5:45- 6:15 Family	
6:20 – 6:50 Teens/ Adults	6:20 – 6:50 Teens/ Adults	6:20 – 6:50 Teens/ Adults	