



SAROUGHI ITF TAEKWON-DO / KICKBOXING ORLEANS

2016 Tenth Line and Innes www.saroughi.ca 613-834-5425

Since 1992

Master Saroughi Sam 8th Degree Black Belt ITF



Mon	Tue	Wed	Thurs	Fri	Sat	Sun
					8:15- 8:45 am Little Dragons Group 1 & 2	8:15- 8:45 am Little Dragons Group 1
4:00 – 4:30 Little Dragons Group 1		4:00 – 4:30 Little Dragons Group 1		4:00 – 4:30 Little Dragons Group 1	8:45- 9:30 Children All Belts	8:45- 9:30 Children All Belts
4:45 - 5:15 Little Dragons Group 2	4:00 – 4:45 Children All Belt	4:45 - 5:15 Little Dragons Group 2	4:00 – 4:45 Children All Belt	4:30 – 5:00 Little Dragons Group 2	9:30- 10:15 Children All Belts	9:30- 10:00 Little Dragons Group 2
5:15 - 6:00 Children All Belt	5:00 - 5:45 Teens Only	5:15 - 6:00 Children All Belt	5:00 - 5:45 Teens Only	5:00 - 5:45 Children All Belt	10:15 - 11:00 Family All Belt	10:00 -10:45 Family All Belt
6:00 - 6:45 Family All Belt	6:00 - 6:45 Family All Belt	6:00 - 6:45 Family All Belt	6:00 - 6:45 Family All Belt	6:00 - 6:45 Family All Belt	11:00 - 11:45 Kids/ Parents Only	10:45 -11:30 Kids/ Parents Only
6:45 – 7:30 Adults All Belts	6:45 – 7:45 Adults & Teens Black Belts	6:45 – 7:30 Adults All Belts	6:45 – 7:45 Adults All Belts		11:45 – 12:30 Adults All Belts	11:30 -12:15 Adults All Belts
7:30 – 8:30 Kickboxing Boxing / Boot Camp	7:45 – 8:45 Kickboxing Boxing / Boot Camp	7:30 – 8:30 Kickboxing Boxing / Boot Camp	7:45 – 8:45 Kickboxing Boxing / Boot Camp		12:30 – 1:30 Kickboxing Boxing / Boot Camp	12:30 -1:30 Kickboxing Boxing / Boot Camp

Student Oath

1. I shall Observe the Tenants of Taekwon-do (Courtesy, Integrity, Perseverance, Self-control, Indomitable Spirit)
2. I shall respect my Instructor and Seniors.
3. I will never Misuse Taekwon-do.
4. I will be a Champion for Freedom and Justice.
5. I will build a more Peaceful World.

Only \$10

Two Weeks Unlimited
kickboxing, Taekwon-Do
Classes

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