










CAN DO MARTIAL ARTS SCHEDULE

Effective
April 2011

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00		Adult Martial Arts		Adult Martial Arts			9:00 Teen & Adult Martial Arts
4:15		Big Dragons 5- 6 Yrs Old 	Little Dragons 3 - 4 Yrs Old 	Big Dragons 5- 6 Yrs Old 	Little Dragons 3 - 4 Yrs Old 	All Dragons 3 - 6 Yrs Old	10:00 All Dragons 3-6Yr Old
5:00		Kids 7 - 12Yr Old White- Yellow Stripe	Kids 7 - 12Yr Old Orange - Green	Kids 7 - 12Yr Old White - Yellow Stripe	Kids 7 - 12Yr Old Orange - Green		10:45 Kids 7-12Yr Old White - Yellow
5:45		Kids 7- 12Yr Old Yellow & Orange	Kids 7- 12Yr Old Blue - Purple	Kids 7- 12Yr Old Yellow -Orange	Kids 7- 12Yr Old Blue - Purple	Kids 7- 12Yr Old White -Yellow Stripe	11:30 Kids 7- 12Yr Old Orange - Green
6:30		DEMO TEAM 	Kids 7- 12Yr Old Red - Brown		Kids 7- 12Yr Old Red-Brown	Kids 7- 12Yr Old Yellow - Orange	12:15 Kids 7 - 12Yr Old Blue - Black
7:15		Kids 7- 12Yr Old Jr. Black - Black	Sparring 	Kids 7- 12Yr Old Jr. Black - Black	Sparring 	Kids 7- 12Yr Old Green - Black	
8:00		Teen & Adult Martial Arts	Teen & Adult Martial Arts	Teen & Adult Martial Arts	Teen & Adult Martial Arts	Teen & Adult Martial Arts	

MARTIAL ARTS POLICIES:

Head Master	Ed Sheridan
Head Instructor	Abel Lozada
Assistant Instructor	Alvin White Steve Kovacs Frank Carbone

Students must attend at least two classes per week.
Students must attend 2 Tournaments per year.
Students should arrive 10 - 15 minutes before class begins.
Everyone must remove their shoes before entering Dojang.
Private Lessons are available by appointment.
Orange Belts and above must attend Sparring 2 times a month.

121 Main Street
Forrestal Village, Princeton NJ
609.514.0500
www.candofitness.com

C A N D O
F I T N E S S C L U B S