

PREPARE FOR EACH DAY

SEPTEMBER 2010 - WHAT'S NEW AT CAN DO - Princeton

SPECIAL EVENTS

Wednesday	Sept. 1 & 15	Intro to Martial Arts 07:30 PM - 08:30 PM	Adults Learn why people are turning to Taekwondo for fitness and self defense.
Wednesday	Sept. 1 & 15	Intro to Martial Arts 04:30 PM - 05:15 PM 05:15 PM - 06:00 PM	Children (4 - 5 years old) Children(6 - 11 years old) Learn why people are turning to Taekwondo for fitness and self defense
Friday	September 3	04:00 PM - 04:45 PM	Parisi Performance-based strength class ages 13-17 (Pre-Registration required)
Wednesday	September 8	04:00 PM - 04:45 PM	
Friday	September 10	05:00 PM - 05:45 PM	
Monday	September 13	11:00 AM - 12:00 PM	Intro to Tower Class
Wednesday	September 15	06:00 PM - 07:00 PM	
Monday	September 13	05:00 PM - 07:00 PM	Pep Rally Martial Arts
Friday	September 17	09:15 AM - 10:15 AM	Body Step Launch
Friday	September 17	All TKD Classes	Board Breaking Day Martial Arts students practice their break before testing.
Thursday	September 30		
Monday	Sept. 20 & 27	ALL TKD Classes	Taekwondo Buddy Day Martial arts students brings friends for a day of fun, games and taekwondo
Tuesday	September 21	05:15 PM - 06:15 PM	Body Pump Launch
Sunday	September 26	09:00 AM - 10:15 AM	Harvest Yoga
Monday	September 27	09:00 AM - 11:00 AM	Meet the Manager
Monday	September 27	07:30 PM - 08:30 PM	Women's Self Defense
Monday	September 27	09:30 AM - 11:30 AM	Pilates Open House
Wednesday	September 29	09:30 AM - 11:30 AM	



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