

PREPARE FOR EACH DAY

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

SPECIAL EVENTS

Monday	October 4 & 18	ALL TKD Classes	Taekwondo Buddy Day Martial arts students brings friends for a day of fun, games and taekwondo
Tuesday	October 5 & 19	05:30 PM - 06:00 PM	Free Group Strength Sessions
Tuesday	October 5 & 19	04:30 PM - 05:15 PM	Tour de Napa Valley
Monday	October 6	11:00 AM - 12:30 PM	Pilates Open House
Friday	October 8	09:30 AM - 10:45 AM	Cleansing Yoga
Friday Thursday	October 8 October 14	All TKD Classes	Board Breaking Day Martial Arts students practice their break before testing.
Wednesday	October 13 & 27	Intro to Martial Arts 07:30 PM - 08:30 PM	Adults Learn why people are turning to Taekwondo for fitness and self defense.
Wednesday	October 13 & 27	Intro to Martial Arts 04:30 PM - 05:15 PM 05:15 PM - 06:00 PM	Children (4 - 5 years old) Children(6 - 11years old) Learn why people are turning to Taekwondo for fitness and self defense
Wednesday	October 13	11:00 AM - 12:00 PM	Pilates Tower
Saturday	October 16	09:30 AM - 12:00PM	Fall Tournament (See flyer for details)
Wednesday	October 20	05:30 PM - 06:30 PM	Body Attack Launch
Monday	October 25	07:30 PM - 08:30 PM	Women's Self Defense
Tuesday	October 26	09:30 AM - 10:30 AM	Body Combat Launch
Friday	October 29	05:00 PM - 07:00 PM	Halloween Costume Party
Sunday	October 31	08:30 AM - 09:15 AM 09:30 AM - 10:15 AM	Spooky Spin



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