

# CAN DO MARTIAL ARTS SCHEDULE

Effective  
April 2011

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
							9:30 All Dragons 3Yrs-6 Yrs Old
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 	Big Dragons 5 - 6 Yrs Old 	10:00 Kids White - Blue
5:00			Kids White - Blue	Kids Purple - Black	Kids White - Blue		10:45 Purple - Jr. Black
5:45		Kids White - Blue	Sparring  Orange - Up		Sparring  Orange - Up	Kids White - Blue	11:30 Kids Black Belts
6:30		Kids Purple - Black		All Kids & Teen Black Belts	Kids Purple - Black	DEMO TEAM	1:00 Birthday Parties
7:15		Teen & Adult TKD/Hapkido	Teen & Adult MMA	Adult Black Belts	Teen & Adult MMA	Teen & Adult TKD/Hapkido	3:00 Birthday Parties

Head Master	Ed Sheridan
Master	Dave Howell
Master	Abel Lozada
Instructor	Steve Kovacs
Instructor	Scott MacDonald
Instructor	Frank Carbone

## MARTIAL ARTS POLICIES:

Students must attend at least two classes per week.  
 Students must bow before entering and before leaving Dojang.  
 Black Belt Club students MUST bring all equipment to BBC class.  
 Orange Belts and above MUST attend sparring class twice a month.  
 Everyone must attend two CAN DO tournaments per year.  
 Private Lessons are available by appointment.

750 Morris TrnPk  
 Short Hills, NJ  
 973.218.9100  
[www.candofitness.com](http://www.candofitness.com)

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