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FALL SCHEDULE 2006

Day of Week	Cardio Pump	Kickboxing	Fight Club	Taekwon-Do
Monday	7:00 - 8:00pm	8:00 - 9:00pm	8:00 - 9:00pm	3:40 – 4:40 pm Pee Wee 6:00 – 7:30pm All Levels
Tuesday		7:00 - 8:00pm		
Wednesday	7:00 - 8:00pm	8:00 - 9:00pm		6:00 – 7:30 pm All Levels
Thursday		7:00 - 8:00pm		
Friday		6:00 - 7:00pm	6:00 - 7:00pm	3:40 –4:40 pm Jr Pee Wee

Effective: 10/1/06 Revised: 10/1/06 The schedule is subject to change.

The following are dates that **CCFD** will be **CLOSED**, but this list is subject to change:

Oct 19 (Thurs) **Oct 31**(Tues) **Nov. 16** (Thurs)
Oct 26(Thurs) **Nov. 23, 24** (Thurs, Fri – Thanksgiving Holiday)

Changes will be posted on www.cartersfitness.com - News and Events section! Also, feel free to call 203.673.4499!