



173 South Main Street, Newtown, CT 06470 ♦ 203.673.4499 ♦ infocfd@aol.com ♦ www.cartersfitness.com

Day of Week	Pilates	Cardio Pump	Kickboxing	Fight Club	Taekwon-Do
Monday		7:00 - 8:00pm	8:00 - 9:00pm	6:00 - 7:00pm	5:00 - 5:45pm (PW) 6:00 - 7:30pm (ALL)
Tuesday	6:00 - 7:00pm		7:00 - 8:00pm		5:15 - 6:00pm Junior Pee Wee
Wednesday		7:00 - 8:00pm	8:00 - 9:00pm		6:00 - 7:30 pm ALL Levels
Thursday			6:30 - 7:30pm		
Friday			6:00 - 7:00pm	6:00 - 7:00pm	

Effective: 6/19/06 Created: 5/2/06 The schedule is subject to change.

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

- July 3
- July 4

Any changes will be posted on www.cartersfitness.com! Also, feel free to call 203.673.4499!