

April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
29-Mar	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	
CLOSED			Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED	
			Strength & Toning I 9:30am	Trivia Day 10:30 - 11:30 am			
			Strength & Toning II 10:30am				
			Zumba 11:30 am				
				4:15 - 4:45 pm - Karate OPEN / Boot Camp			
			4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners Karate - Ages 7 & Over			
4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class						
5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM	Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED	
	Strength & Toning I 9:30am		Strength & Toning I 9:30am				
	Strength & Toning II 10:30am		Strength & Toning II 10:30am				
	Zumba 11:30 am		Zumba 11:30 am				
	Chair Yoga 1 - 2 pm		4:15 - 4:45 pm - Karate OPEN / Boot Camp	BUNCO - 1pm - 3pm			4:15 - 4:45 pm - Karate OPEN / Boot Camp
	4:15 - 4:45 pm - Karate OPEN / Boot Camp		5 - 6 pm - Beginners Karate - Ages 7 & Over	4:15 - 4:45 pm - Karate OPEN / Boot Camp			5 - 6 pm - Beginners Karate - Ages 7 & Over
	4pm - 6:30pm PAKT Sparring Class		6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions			6 - 7 pm - Advanced Karate Class
12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM	Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED	
	Strength & Toning I 9:30am		Strength & Toning I 9:30am	Trivia Day 10:30 - 11:30 am			
	Strength & Toning II 10:30am		Strength & Toning II 10:30am				
	Zumba 11:30 am		Zumba 11:30 am				
	Chair Yoga 1 - 2 pm		4:15 - 4:45 pm - Karate OPEN	BINGO - 1pm - 3pm			4:15 - 4:45 pm - Karate OPEN / Boot Camp
	4:15 - 4:45 pm - Karate OPEN		5 - 6 pm - Beginners Karate - Ages 7 & Over	4:15 - 4:45 pm - Karate OPEN / Boot Camp			5 - 6 pm - Beginners Karate - Ages 7 & Over
	4pm - 6:30pm PAKT Sparring Class		6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions			6 - 7 pm - Advanced Karate Class
19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr	25-Apr	
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM	Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED	
	Strength & Toning I 9:30am		Strength & Toning I 9:30am				
	Strength & Toning II 10:30am		Strength & Toning II 10:30am				
	Zumba 11:30 am		Zumba 11:30 am				
	Chair Yoga 1 - 2 pm		4:15 - 4:45 pm - Karate OPEN / Boot Camp	PINOCHLE - 1 - 3pm			4:15 - 4:45 pm - Karate OPEN / Boot Camp
	4:15 - 4:45 pm - Karate OPEN / Boot Camp		5 - 6 pm - Beginners Karate - Ages 7 & Over	4:15 - 4:45 pm - Karate OPEN			5 - 6 pm - Beginners Karate - Ages 7 & Over
	4pm - 6:30pm PAKT Sparring Class		6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions			6 - 7 pm - Advanced Karate Class
26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May	
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM	Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED	
	Strength & Toning I 9:30am		Strength & Toning I 9:30am				
	Strength & Toning II 10:30am		Strength & Toning II 10:30am				
	Zumba 11:30 am		Zumba 11:30 am				
	Chair Yoga 1 - 2 pm		4:15 - 4:45 pm - Karate OPEN / Boot Camp				4:15 - 4:45 pm - Karate OPEN / Boot Camp
	4:15 - 4:45 pm - Karate OPEN / Boot Camp		5 - 6 pm - Beginners Karate - Ages 7 & Over	4:15 - 4:45 pm - Karate OPEN			5 - 6 pm - Beginners Karate - Ages 7 & Over
	4pm - 6:30pm PAKT Sparring Class		6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions			6 - 7 pm - Advanced Karate Class