

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug
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 / 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		
9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	14-Aug	15-Aug
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		BUNCO - 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		
16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
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		BINGO - 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	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		
23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
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		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		
30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
CLOSED	Coffee with Diane 8:30 am				CLOSED	CLOSED
	Strength & Toning I 9:30am					
	Strength & Toning II 10:30am					
	Zumba 11:30 am					
	Chair Yoga 1- 2 pm					
	4:15 - 4:45 pm - Karate OPEN / Boot Camp					
	4pm - 6:30pm PAKT Sparring Class					