





December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
	Coffee with Diane		Coffee with Diane	Walking Club		
	8:30 am		8:30 am	9:30 - 10:15 am		
	Strength & Toning I 9:30am	Center OPENS AT	Strength & Toning I 9:30am	Trivia Day 10:30 - 11:30 am		
	Strength & Toning II	2 PM	Strength & Toning II	10.00 11.00 0		
	10:30am		10:30am			
	Zumba 11:30 am		Zumba 11:30 am			
CLOSED	Chair Yoga 1- 2 pm	4:15 - 4:45 pm - Karate OPEN / Boot Camp		4:15 - 4:45 pm - Karate OPEN / Boot Camp	CLOSED	CLOSED
			4:15 4:45 mm Karata			
	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	Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT	6 - 7 pm - Advanced	4pm - 6pm Sensei	6 - 7 pm - Advanced		
	Sparring Class	Karate Class	Private Sessions	Karate Class		
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
	Coffee with Diane 8:30 am	Center OPENS AT 2 PM	Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am		
	Strength & Toning I		Strength & Toning I	7.30 - 10.13 dill		
	9:30am		9:30am			
CLOSED	Strength & Toning II 10:30am		Strength & Toning II 10:30am		CLOSED	CLOSED
		Tel Chi C C				
	Zumba 11:30 am	Tai Chi 2 - 3 pm	Zumba 11:30 am			
	Chair Yoga	4:15 - 4:45 pm - Karate	BUNCO - 1pm - 3pm	4:15 - 4:45 pm - Karate		
	1- 2 pm	OPEN / Boot Camp		OPEN / Boot Camp		
	4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners		
	-	Karate - Ages 7 & Over		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		
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
	Coffee with Diane 8:30 am	Center OPENS AT	Coffee with Diane 8:30 am	Walking Club		
	Strength & Toning I		Strength & Toning I	9:30 - 10:15 am		
	9:30am		9:30am	NO TRIVIA		
CLOSED	Strength & Toning II	2 PM	Strength & Toning II		CLOSED	CLOSED
	10:30am		10:30am			
	Zumba 11:30 am		Zumba 11:30 am			
	Chair Yoga	4:15 - 4:45 pm - Karate	BINGO - 1pm - 3pm	4:15 - 4:45 pm - Karate		
	1- 2 pm	OPEN / Boot Camp		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	6 - 7 pm - Advanced	4pm - 6pm Sensei	6 - 7 pm - Advanced		
	Sparring Class	Karate Class	Private Sessions	Karate Class		
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
	Coffee with Diane 8:30 am					
	Strength & Toning I	Center OPENS AT	*	*		
	9:30am	2 PM				
CLOSED	Strength & Toning II 10:30am		MEDOU		CLOSED	CLOSED
		NOT COL	CHOTSTMAS	WEHHA.		
	Zumba 11:30 am	NO Tai Chi	STOWNED OF THE STOWNED	CTUMES IN THE		
	Chair Yoga 1- 2 pm	4:15 - 4:45 pm - Karate OPEN				
	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners	CI OOFD	OI OSED		
	OPEN	Karate - Ages 7 & Over	CLOSED	CLOSED		
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class				
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
	Coffee with Diane	Center OPENS AT 2 PM	Will state of the			
	8:30 am Strength & Toning I					
	9:30am					
1	Strength & Toning II		3 (1) (2)			
	10:30am		1 ***	7. - 7. -		
CLOSED	Zumba 11:30 am	NO Tai Chi	₹ **	Happy New Year!	CLOSED	CLOSED
	Chair Yoga	4:15 - 4:45 pm - Karate		riappy riew real:		
	1- 2 pm 4:15 - 4:45 pm - Karate	OPEN / Boot Camp 5 - 6 pm - Beginners				
	OPEN / Boot Camp	Karate - Ages 7 & Over	CLOSED	CLOSED		
	4pm - 6:30pm PAKT	6 - 7 pm - Advanced				
	Sparring Class	Karate Class				