

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
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 / 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		
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
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		
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
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	NO TRIVIA		
	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	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 / 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		
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM			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				
	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				
28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM			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				
	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				