

February 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
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		
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
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		
15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
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		
22-Feb	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
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		