

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1-Jul	2-Jul	3-Jul	4-Jul	
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-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	
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 2 pm		4:15 - 4:45 pm - Karate OPEN	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				
12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	
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 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			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-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	
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 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-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-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 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				