

## June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun
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-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
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		Mindfulness for Stress Reduction -- 2-3 pm	Zumba 11:30 am		
	Chair Yoga 1- 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		
14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
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		Mindfulness for Stress Reduction -- 2-3 pm	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	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-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
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		Mindfulness for Stress Reduction -- 2-3 pm	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		
28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM			CLOSED	CLOSED
	Strength & Toning I 9:30am					
	Strength & Toning II 10:30am					
31-May	Zumba 11:30 am	Mindfulness for Stress Reduction -- 2-3 pm				
CLOSED	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				

Meemaw's Events are in BLUE / P.A.K.T. Events are in BLACK