





July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GUNDAT	MONDAI	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
		1-041	Coffee with Diane	Walking Club	INDEPENDENCE	J-041
CLOSED		Meemaw's CLOSED	9 am	9:30 - 10:15 am	DAY CLOSED	
			Zumba Class	Trivia Day		
			9:30-10:15 am	10:30-11:30 am		
		4:15 - 4:45 pm - Karate	Senior Exercise Class	4:15 - 4:45 pm - Karate		CLOSED
		OPEN	10:30am	OPEN	\mathcal{M}	CLOSED
		5 - 6 pm - Beginners Karate - Ages 7 & Over		5 - 6 pm - Beginners		
				Karate - Ages 7 & Over		
		6 - 7 pm - Advanced	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced		
6-Jul	7-Jul	Karate Class 8-Jul	9-Jul	Karate Class 10-Jul	11-Jul	12-Jul
0-Jul	Coffee with Diane	8-Jui	Coffee with Diane	Walking Club	11-341	12-Jui
CLOSED	9 am		9 am	9:30 - 10:15 am		
	Zumba Class	Meemaw's CLOSED	Zumba Class	TAI CHI	CLOSED	CLOSED
	9:30-10:15 am		9:30-10:15 am	10:30 - 11:30 am		
	Senior Exercise Class	4:15 - 4:45 pm - Karate	Senior Exercise Class	4:15 - 4:45 pm - Karate		
	10:30am	OPEN	10:30am	OPEN		
	Chair Yoga	5 - 6 pm - Beginners	BUNCO - 1pm - 3pm	5 - 6 pm - Beginners		
	1- 2 pm	Karate - Ages 7 & Over		Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT	6 - 7 pm - Advanced	4pm - 6pm Sensei	6 - 7 pm - Advanced		
10 7 1	Sparring Class	Karate Class	Private Sessions	Karate Class	10 7 1	10 7 1
13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
CLOSED	Coffee with Diane 9 am	Meemaw's CLOSED	Coffee with Diane 9 am	Walking Club 9:30 - 10:15 am		
	Zumba Class		Zumba Class	Trivia Day		
	9:30-10:15 am		9:30-10:15 am	10:30-11:30 am		
	Senior Exercise Class	4:15 - 4:45 pm - Karate	Senior Exercise Class	4:15 - 4:45 pm - Karate	CT 0.077	GI GGED
	10:30am	OPEN	10:30am	OPEN	CLOSED	CLOSED
	Chair Yoga	5 - 6 pm - Beginners	BINGO - 1pm - 3pm	5 - 6 pm - Beginners		
	1- 2 pm	Karate - Ages 7 & Over	BINGO - TPITI - 3PITI	Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT	6 - 7 pm - Advanced	4pm - 6pm Sensei	6 - 7 pm - Advanced		
20.7.1	Sparring Class	Karate Class	Private Sessions	Karate Class	05.7.1	26.7.1
20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
CLOSED	Coffee with Diane	Meemaw's CLOSED 4:15 - 4:45 pm - Karate	Coffee with Diane	Walking Club	CLOSED	CLOSED
	9 am Zumba Class		9 am Zumba Class	9:30 - 10:15 am TAI CHI		
	9:30-10:15 am		9:30-10:15 am	10:30 - 11:30 am		
	Senior Exercise Class		Senior Exercise Class	4:15 - 4:45 pm - Karate		
	10:30am	OPEN	10:30am	OPEN		
	Chair Yoga	5 - 6 pm - Beginners		5 - 6 pm - Beginners		
	1- 2 pm	Karate - Ages 7 & Over	PINOCHLE - 1 - 3pm	Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT	6 - 7 pm - Advanced	4pm - 6pm Sensei	6 - 7 pm - Advanced		
07 - 1	Sparring Class	Karate Class	Private Sessions	Karate Class		
27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
CLOSED	Coffee with Diane		Coffee with Diane	Walking Club		
	9 am Zumba Class	Meemaw's CLOSED	9 am Zumba Class	Walking Club 9:30 - 10:15 am		
	9:30-10:15 am	4:15 - 4:45 pm - Karate OPEN	9:30-10:15 am	7.00 - 10.15 dill		CLOSED
	Senior Exercise Class		Senior Exercise Class	4:15 - 4:45 pm - Karate	CLOSED	
	10:30am		10:30am	OPEN		
	Chair Yoga	5 - 6 pm - Beginners		5 - 6 pm - Beginners		
	1- 2 pm	Karate - Ages 7 & Over		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		

Meemaw's Events in BLUE P.A.K.T. Events in Black

As of 5/28/25