





October 2025

OTT	150377	MITTO CO. A. T.		MITTIN OR ALL		O A MILES
SUNDAY	MONDAY	TUESDAY	WEDNESDAY 1-Oct	THURSDAY	FRIDAY	SATURDAY 4-Oct
28-Sep	29-Sep	30-Sep	1-Oct Coffee with Diane	2-Oct Walking Club	3-Oct	4-Oct
			8:30 am	9:30 - 10:15 am		
			Strength & Toning I 9:30am	Trivia Day 10:30 - 11:30 am		
			Strength & Toning II	10.00 - 11.00 UIII		
			10:30am			
			Zumba 11:30 am	4.15 4.45 V		
CLOSED				4:15 - 4:45 pm - Karate OPEN / Boot Camp	CLOSED	CLOSED
			4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners		
			OPEN / Boot Camp	Karate - Ages 7 & Over		
			4pm - 6pm Sensei	6 - 7 pm - Advanced		
5-Oct	6-Oct	7-Oct	Private Sessions 8-Oct	Karate Class 9-Oct	10-Oct	11-Oct
3-061	Coffee with Diane	7-001	Coffee with Diane	Walking Club	10-001	11-061
	8:30 am		8:30 am	9:30 - 10:15 am		
	Strength & Toning I 9:30am	Center OPENS AT	Strength & Toning I 9:30am			
CLOSED	Strength & Toning II	2 PM	Strength & Toning II		CLOSED	CLOSED
CLOSED	10:30am		10:30am		CLOSED	CLOSED
	Zumba 11:30 am		Zumba 11:30 am	<u> </u>		
	Chair Yoga	4:15 - 4:45 pm - Karate	BUNCO - 1pm - 3pm	4:15 - 4:45 pm - Karate		
	1- 2 pm	OPEN / Boot Camp	.p.m opm	OPEN / Boot Camp		
	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners		
	OPEN / Boot Camp	Karate - Ages 7 & Over		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-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
	Coffee with Diane		Coffee with Diane	Walking Club		
	8:30 am Strength & Toning I	Center OPENS AT	8:30 am Strength & Toning I	9:30 - 10:15 am Trivia Day		
	9:30am	2 PM	9:30am	10:30 - 11:30 am		
CLOSED	Strength & Toning II 10:30am		Strength & Toning II 10:30am		CLOSED	CLOSED
			Zumba 11:30 am			
	Zumba 11:30 am	4:15 4:45 cm Verili	ZUMBA 11.30 am	4.15 4.45 cm V		
	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	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners		
	OPEN / Boot Camp	Karate - Ages 7 & Over	OPEN / Boot Camp	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-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
	Coffee with Diane		Coffee with Diane	Walking Club		
	8:30 am Strength & Toning I		8:30 am Strength & Toning I	9:30 - 10:15 am		
	9:30am	Center OPENS AT	9:30am			
CLOSED	Strength & Toning II	2 PM	Strength & Toning II		CLOSED	CLOSED
	10:30am		10:30am			
	Zumba 11:30 am	415 4.5	Zumba 11:30 am	415 445		
	Chair Yoga 1- 2 pm	4:15 - 4:45 pm - Karate OPEN	PINOCHLE - 1- 3pm	4:15 - 4:45 pm - Karate OPEN		
	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners		
	OPEN 4pm - 6:30pm PAKT	Karate - Ages 7 & Over 6 - 7 pm - Advanced	OPEN 4pm - 6pm Sensei	Karate - Ages 7 & Over 6 - 7 pm - Advanced		
	Sparring Class	Karate Class	Private Sessions	Karate Class		
26-Oct	27-Oct Coffee with Diane	28-Oct	29-Oct Coffee with Diane	30-Oct	31-Oct	1-Nov
	8:30 am		8:30 am	Walking Club 9:30 - 10:15 am		
	Strength & Toning I	Center OPENS AT	Strength & Toning I			
	9:30am Strength & Toning II	2 PM	9:30am Strength & Toning II			
	10:30am		10:30am			
CLOSED	Zumba 11:30 am	Tai Chi 2 - 3 pm	Zumba 11:30 am		CLOSED	CLOSED
				415 445		
	Chair Yoga 1- 2 pm	4:15 - 4:45 pm - Karate OPEN / Boot Camp		4:15 - 4:45 pm - Karate OPEN		
	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners		
	OPEN / Boot Camp	Karate - Ages 7 & Over	OPEN	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		