

## October 2024

| SUNDAY                         | MONDAY                           | TUESDAY                                     | WEDNESDAY   | THURSDAY   | FRIDAY        | SATURDAY      |
|--------------------------------|----------------------------------|---|---|--|---------------|---------------|
| <b>29-Sep</b>                  | <b>30-Sep</b>                    | <b>1-Oct</b>                                | <b>2-Oct</b>  | <b>3-Oct</b>   | <b>4-Oct</b>  | <b>5-Oct</b>  |
| <b>CLOSED</b>                  | Zumba Class 9:30-10:15 am        | Meemaw's CLOSED                             | Zumba Class 9:30-10:15 am                             | Walking Club 9:30 - 10:15 am<br>Chair Yoga 10:30-11:30 am    | <b>CLOSED</b> | <b>CLOSED</b> |
|                                | Senior Exercise Class 10:30Am    | 4:15 - 4:45 pm - Karate OPEN                | Senior Exercise Class 10:30Am                         | 4:15 - 4:45 pm - Karate OPEN                                 |               |               |
|                                | Wits Workouts 1 pm - 2:30        | 5 - 6 pm - Beginners Karate - Ages 7 & Over |   | 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                             |               |               |
| <b>6-Oct</b>                   | <b>7-Oct</b>                     | <b>8-Oct</b>                                | <b>9-Oct</b>  | <b>10-Oct</b>  | <b>11-Oct</b> | <b>12-Oct</b> |
| <b>CLOSED</b>                  | Zumba Class 9:30-10:15 am        | Meemaw's CLOSED                             | Zumba Class 9:30-10:15 am                             | Walking Club 9:30 - 10:15 am<br>Chair Yoga 10:30-11:30 am    | <b>CLOSED</b> | <b>CLOSED</b> |
|                                | Senior Exercise Class 10:30Am    | 4:15 - 4:45 pm - Karate OPEN                | Senior Exercise Class 10:30Am                         | 4:15 - 4:45 pm - Karate OPEN                                 |               |               |
|                                | Wits Workouts 1 pm - 2:30        | 5 - 6 pm - Beginners Karate - Ages 7 & Over | BUNCO - 1pm - 3pm                                     | 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                             |               |               |
| <b>13-Oct</b>                  | <b>14-Oct</b>                    | <b>15-Oct</b>                               | <b>16-Oct</b>   | <b>17-Oct</b>  | <b>18-Oct</b> | <b>19-Oct</b> |
| <b>CLOSED</b>                  | Zumba Class 9:30-10:15 am        | Meemaw's CLOSED                             | Zumba Class 9:30-10:15 am                             | Walking Club 9:30 - 10:15 am<br>Chair Yoga 10:30-11:30 am    | <b>CLOSED</b> | <b>CLOSED</b> |
|                                | Senior Exercise Class 10:30Am    | 4:15 - 4:45 pm - Karate OPEN                | Senior Exercise Class 10:30Am                         | 4:15 - 4:45 pm - Karate OPEN                                 |               |               |
|                                | Wits Workouts 1 pm - 2:30        | 5 - 6 pm - Beginners Karate - Ages 7 & Over | BINGO - 1pm - 3pm                                     | 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                             |               |               |
| <b>20-Oct</b>                  | <b>21-Oct</b>                    | <b>22-Oct</b>                               | <b>23-Oct</b>   | <b>24-Oct</b>  | <b>25-Oct</b> | <b>26-Oct</b> |
| <b>CLOSED</b>                  | Zumba Class 9:30-10:15 am        | Meemaw's CLOSED                             | Zumba Class 9:30-10:15 am                             | Walking Club 9:30 - 10:15 am<br>Chair Yoga 10:30-11:30 am    | <b>CLOSED</b> | <b>CLOSED</b> |
|                                | Senior Exercise Class 10:30Am    | 4:15 - 4:45 pm - Karate OPEN                | Senior Exercise Class 10:30Am                         | 4:15 - 4:45 pm - Karate OPEN                                 |               |               |
|                                | Wits Workouts 1 pm - 2:30        | 5 - 6 pm - Beginners Karate - Ages 7 & Over | PINOCHLE - 1- 3pm                                     | 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                             |               |               |
| <b>27-Oct</b>                  | <b>28-Oct</b>                    | <b>29-Oct</b>                               | <b>30-Oct</b>   | <b>31-Oct</b>  | <b>1-Nov</b>  | <b>2-Nov</b>  |
| <b>CLOSED</b>                  | Zumba Class 9:30-10:15 am        | Meemaw's CLOSED                             | Zumba Class 9:30-10:15 am                             | Walking Club 9:30 - 10:15 am<br>Chair Yoga 10:30-11:30 am    | <b>CLOSED</b> | <b>CLOSED</b> |
|                                | Senior Exercise Class 10:30Am    | 4:15 - 4:45 pm - Karate OPEN                | Senior Exercise Class 10:30Am                         | <b>HALLOWEEN<br/>NO KARATE<br/>CLASSES</b>                   |               |               |
|                                | Wits Workouts 1 pm - 2:30        | 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                     |  |               |               |
| <b>Meemaw's Events in BLUE</b> |                                  |   | <b>As of 8/30</b>                                     |  |               |               |
| <b>PAKT Events in BLACK</b>    |                                  |   | <b>WKU World Championships - Greece<br/>Oct 20-26</b> | <b>WKC World Championships in<br/>Portugal Oct 26 - 11/1</b> |               |               |