

## March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	
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	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
8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	
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 1- 2 pm		4:15 - 4:45 pm - Karate OPEN / Boot Camp	BUNCO - 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 / 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
15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	
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	BINGO - 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
22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	
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 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
29-Mar	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM			CLOSED	CLOSED	
	Strength & Toning I 9:30am						
	Strength & Toning II 10:30am						
	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		5 - 6 pm - Beginners Karate - Ages 7 & Over				
4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class						