

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	1-May	2-May	
CLOSED					CLOSED	CLOSED	
3-May	4-May	5-May	6-May	7-May	8-May	9-May	
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
	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
10-May	11-May	12-May	13-May	14-May	15-May	16-May	
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	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
17-May	18-May	19-May	20-May	21-May	22-May	23-May	
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	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
24-May	25-May	26-May	27-May	28-May	29-May	30-May	
CLOSED	CLOSED	Center OPENS AT 2 PM	Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED	
31-May			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			
CLOSED		4:15 - 4:45 pm - Karate OPEN / Boot Camp	PINOCHLE - 1- 3pm	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			
		6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class			