November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-Nov	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
CLOSED	Coffee with Diane 8:30 am 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 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM 4:15 - 4:45 pm - Karate OPEN 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am Five Crowns 1- 2 pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6pm Sensei Private Sessions	Walking Club 9:30 - 10:15 am Trivia Day 10:30 - 11:30 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	CLOSED	CLOSED
8-Nov	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov
CLOSED	Coffee with Diane 8:30 am 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 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM 4:15 - 4:45 pm - Karate OPEN 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am BUNCO - 1pm - 3pm 4:15 - 4:45 pm - Karate OPEN / Boot Camp 4pm - 6pm Sensei Private Sessions	Walking Club 9:30 - 10:15 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	CLOSED	CLOSED
15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov
CLOSED	Coffee with Diane 8:30 am 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 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am BINGO - 1pm - 3pm 4:15 - 4:45 pm - Karate OPEN 4pm - 6pm Sensei Private Sessions	Walking Club 9:30 - 10:15 am Trivia Day 10:30 - 11:30 am 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	CLOSED	CLOSED
22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov
CLOSED	Coffee with Diane 8:30 am 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 4pm - 6:30pm PAKT Sparring Class	Center OPENS AT 2 PM 4:15 - 4:45 pm - Karate OPEN / Boot Camp 5 - 6 pm - Beginners Karate - Ages 7 & Over 6 - 7 pm - Advanced Karate Class	Coffee with Diane 8:30 am Strength & Toning I 9:30am Strength & Toning II 10:30am Zumba 11:30 am PINOCHLE - 1- 3pm 4:15 - 4:45 pm - Karate OPEN 4pm - 6pm Sensei Private Sessions	THANKSGIVING DAY CLOSED 	CLOSED	CLOSED
29-Nov	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec
CLOSED	Coffee with Diane 8:30 am 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 4pm - 6:30pm PAKT Sparring Class					

Meemaw's Events are in BLUE / P.A.K.T. Events are in BLACK