





November 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1-Nov
ł						
CLOSED						CLOSED
2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
	Coffee with Diane		Coffee with Diane	Walking Club		
	8:30 am		8:30 am	9:30 - 10:15 am		
	Strength & Toning I 9:30am	Center OPENS AT	Strength & Toning I 9:30am	Trivia Day 10:30 - 11:30 am		
	Strength & Toning II	2 PM	Strength & Toning II	10.50 - 11.50 dill		
CLOSED	10:30am	2170	10:30am		CLOSED	CLOSED
	Zumba 11:30 am		Zumba 11:30 am			
			201104 11.00 4111			
	Chair Yoga	4:15 - 4:45 pm - Karate		4:15 - 4:45 pm - Karate		
1	1- 2 pm	OPEN / Boot Camp		OPEN / Boot Camp		
1	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners		
1	OPEN / Boot Camp	Karate - Ages 7 & Over	OPEN / Boot Camp	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		
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
	Coffee with Diane		Coffee with Diane	Walking Club		
	8:30 am	Center OPENS AT	8:30 am	9:30 - 10:15 am		
	Strength & Toning I 9:30am	2 PM	Strength & Toning I 9:30am			
	Strength & Toning II	2 P/W	Strength & Toning II			
CLOSED	10:30am		10:30am		CLOSED	CLOSED
	Zumba 11:30 am	Tel Chi 0 2 mm	Zumba 11:30 am			
	2011DQ 11.30 Q111	Tai Chi 2 - 3 pm	2011DG 11.30 GH			
	Chair Yoga	4:15 - 4:45 pm - Karate	BUNCO - 1pm - 3pm	4:15 - 4:45 pm - Karate		
	1- 2 pm	OPEN / Boot Camp		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	6 - 7 pm - Advanced	4pm - 6pm Sensei	6 - 7 pm - Advanced		
16-Nov	Sparring Class 17-Nov	Karate Class 18-Nov	Private Sessions	Karate Class	21-Nov	22-Nov
10-100	Coffee with Diane	19-1404	19-Nov Coffee with Diane	20-Nov Walking Club	21-NOV	22-NOV
	8:30 am		8:30 am	9:30 - 10:15 am		
	Strength & Toning I		Strength & Toning I	Trivia Day		
	9:30am	Center OPENS AT	9:30am	10:30 - 11:30 am		
CLOSED	Strength & Toning II	2 PM	Strength & Toning II		CLOSED	CLOSED
	10:30am		10:30am			
	Zumba 11:30 am		Zumba 11:30 am			
	Chair Yoga	4:15 - 4:45 pm - Karate		4:15 - 4:45 pm - Karate		
	1- 2 pm	OPEN	BINGO - 1pm - 3pm	OPEN		
1	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners		
	OPEN	Karate - Ages 7 & Over	OPEN	Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT	6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
23-Nov	Sparring Class 24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
20-1104	Coffee with Diane	20-1100	Coffee with Digne	21-NOV	20-1104	27-11UV
	8:30 am		8:30 am			
1	Strength & Toning I	Center OPENS AT	Strength & Toning I	THANKSGIVING		
1	9:30am	2 PM	9:30am	TIMINISCIVING		
	Strength & Toning II		Strength & Toning II	DAY		
1	10:30am		10:30am			
CLOSED	Zumba 11:30 am	Tai Chi 2 - 3 pm	Zumba 11:30 am	CLOSED	CLOSED	CLOSED
	Chair Yoga	4:15 - 4:45 pm - Karate				
ĺ	1- 2 pm	OPEN / Boot Camp	PINOCHLE - 1 - 3pm			
	4:15 - 4:45 pm - Karate	5 - 6 pm - Beginners	4:15 - 4:45 pm - Karate			
	OPEN / Boot Camp	Karate - Ages 7 & Over	OPEN	900		
1	4pm - 6:30pm PAKT	6 - 7 pm - Advanced	4pm - 6pm Sensei	77		
	Sparring Class	Karate Class	Private Sessions	ů		