

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1-Oct	2-Oct	3-Oct
CLOSED				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
4-Oct	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
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 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
11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
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 BUNCO - 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
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
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 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
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
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 PINOCCHLE - 1-3pm 4:15 - 4:45 pm - Karate OPEN 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