



November 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|---|---|--|---|
| | | | | 1 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00 Buti Yoga 6:30pm Zumba | 2 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball | 3 9:30 Vinyasa Yoga Indoor Soccer |
| 4 | 5 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba | 6 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga | 7 9AM Pilates 9:00 AM Men's Yoga 9:30-12 Open Crafts 10 AM Sit & Fit 11:00 Computer/Phone Class 5:45 PM Yoga 5:45 PM Circuit | 8 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00 Buti Yoga 6:30pm Zumba | 9 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball | 10 Indoor Soccer Playoffs 9 AM Defensive Driving Class 9:30 Vinyasa Yoga |
| 11 | 12 Closed For Veterans Day  | 13 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga | 14 9 AM Pilates 9:00 AM Men's Yoga 9:30-12 Open Crafts 11:00 Computer/Phone Class 10 AM Sit & Fit 5:45 PM Yoga 5:45 PM Circuit | 15 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00 Buti Yoga 6:30pm Zumba | 16 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball | 17 Indoor Soccer Playoffs 9:30 Vinyasa Yoga |
| 18 | 19 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba | 20 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga | 21 9 AM Pilates 9:00 AM Men's Yoga 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45 PM Circuit | 22 Closed for Thanksgiving | 23 Closed for Thanksgiving | 24 Closed for Thanksgiving |
| 25 | 26 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba | 27 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00 PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga | 28 9 AM Pilates 9:00 AM Men's Yoga 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45 PM Circuit | 29 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00 Buti Yoga 6:30pm Zumba | 30 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball | |



Hours of Operation
Mon-Fri 6 AM - 7PM
Saturday 8AM - 2PM
Closed on Sundays

Enos Derbonne
Sports Complex
7903 Lake St.
Lake Charles, LA 70605
337-502-5214

Foods You Should Eat Everyday

