February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 Buti Yoga 6:30 PM Zumba	2 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	3
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 5:45 PM HIIT Workout 6:00 Buti Yoga	7 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45 PM Circuit	8 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 6:00 PM 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 *9 AM Defensive Driving Class*
11	12 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	13 Closed For Mardi Gras	14 9 AM Cardio Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45 PM Circuit	15 9 AM Aerobics 9AM Yoga 10 AM Line Dance 6:00 PM 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
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 5:45 PM HIIT Workout 6:00 Buti Yoga	21 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45 PM Circuit	22 9 AM Aerobics 9AM Yoga 10 AM Line Dance 6:00 PM Buti Yoga 6:30pm Zumba	23 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	24
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 5:45 PM HIIT Workout 6:00 Buti Yoga	28 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Yoga 5:45PM Circuit			

LAKE CHARLES WARD 3 RECREATION

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

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