

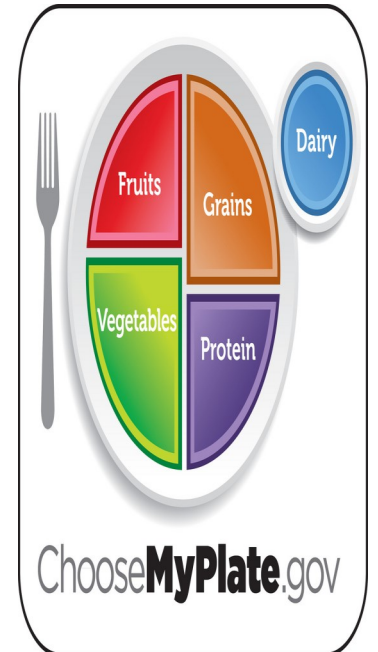
June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	2
3	4 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	5 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	6 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	7 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:30 PM Toning Bands 600PM Buti Yoga 6:30pm Zumba	8 9AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 8:00PM-12:00AM Midnight Soccer	9 <i>9 AM Defensive Driving Class</i> <i>Mom & Me Zumba 10:00 AM</i>
10	11 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	12 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	13 9AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	14 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30 PM Toning Bands 6:00PM Buti Yoga 6:30pm Zumba	15 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 8:00PM-12:00AM Midnight Soccer	16
17	18 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	19 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	20 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	21 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30 PM Toning Bands 6:00PM Buti Yoga 6:30pm Zumba	22 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 8:00PM-12:00AM Midnight Soccer	23 <i>Mom & Me Zumba 10:00 AM</i>
24	25 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	26 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:45PM HIIT Workout 6:00PM Buti Yoga	27 9 AM Pilates 9:30-12 Open Crafts 10 AM Sit & Fit 5:45PM Circuit 5:45 PM Yoga	28 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30 PM Toning Bands 6:00PM Buti Yoga 6:30pm Zumba	29 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball 8:00PM-12:00AM Midnight Soccer	30



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

**Enos Derbonne
 Sports Complex
 7903 Lake St.
 Lake Charles, LA 70605
 337-502-5214
 www.lcward3recreation.com**



ChooseMyPlate.gov