



# September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9:00AM Deep
2	3 Closed For Labor Day	4 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	5 9AM Pilates 9:00 AM Men's Yoga 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	6 9 AM Aerobics 9 AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00PM Buti Yoga 6:30pm Zumba	7 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	8 9:00AM Deep  9 AM Defensive Driving Class  Indoor Soccer  Grand Lake Alum Tourney
9	10 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	11 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	12 9AM Pilates 9:00 AM Men's Yoga 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga <i>McNeese HS 2 miler</i>	13 10:00 AM Sheriff Bingo 9:00AM Yoga 5:30PM Toning Bands 6:00PM Buti Yoga 6:00 PM Zumba	14 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	15 9:00AM Deep  Indoor Soccer
16	17 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	18 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	19 9 AM Pilates 9:00 AM Men's Yoga 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga <i>McNeese Track</i>	20 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00PM Buti Yoga 6:30pm Zumba	21 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	22 9:00AM Deep  Indoor Soccer
23	24 8 AM Pilates 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga 6:30 PM Zumba	25 9 AM Zumba 9 AM Yoga 10 AM Line Dance 5:00PM Choreo 5:45PM HIIT Workout 6:00PM Buti Yoga	26 9 AM Pilates 9:00 AM Men's Yoga 9:30-12 Open Crafts 10 AM Sit & Fit 5:45 PM Circuit 5:45 PM Yoga	27 9 AM Aerobics 9AM Yoga 10 AM Line Dance 5:30PM Toning Bands 6:00PM Buti Yoga 6:30pm Zumba	28 9 AM Zumba Gold 9:30-12 Open Crafts 10 AM Sit & Fit 10 AM Bean Bag Baseball	29 9:00AM Deep  <i>McNeese Track XC Stampede</i>  Indoor Soccer



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

**Enos Derbonne  
 Sports Complex  
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[www.lcward3recreation.com](http://www.lcward3recreation.com)**

