




March 2020

MLK 2009 N Simmons Street
 Phone (337)491-1497 Fax(337)491-9784
 (www.LCward3recreation)
 Hours of Operation: Mon-Fri 6:00am - 7:00pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Impact Program 4pm-6pm	2. Weight room/ walking track 6am-7pm Open play basketball & computer 8am-6:45pm Sewing 3:30pm-6:30pm Bean Bag Baseball 10am-12pm	3. Weight room/ walking 6am-7pm Open play basketball & computer room 8am-6:45pm Landmark Zydeco Pop Corn Tuesday Zydeco Aerobics Class 5pm-6pm Classes \$1	4. Weight room/ walking 6am-7pm Open play basketball & computer room 8am-6:45pm Bean Bag Baseball 10am-12pm	5. Donuts & Devotion 11:30am-12:30pm Sewing Class 3:30pm-6:30pm Zydeco Line Dance 5pm-6pm Class \$1	6. Weight room/ Walking 6am-7pm Open play basketball & computer 8am-6:45pm Chair Exercise 9am-10am Class \$1	7
8. Impact Program 4pm-6pm	9. Weight room/ walking track 6am-7pm Open play basketball & computer 8am-6:45pm Sewing 3:30pm-6:30pm Bean Bag Baseball 10am-12pm	10. Weight room/ walking 6am-7pm Open play basketball & computer room 8am-6:45pm Landmark Zydeco Pop Corn Tuesday Zydeco Aerobics Class 5pm-6pm Classes \$1	11. Weight room/ walking 6am-7pm Open play basketball & computer room 8am-6:45pm Bean Bag Baseball 10am-12pm	12. Donuts & Devotion 11:30am-12:30pm Sewing Class 3:30pm-6:30pm Zydeco Line Dance 5pm-6pm Class \$1	13. Weight room/ Walking 6am-7pm Open play basketball & computer 8am-6:45pm Chair Exercise 9am-10am Class \$1	14
15. Impact Program 4pm-6pm	16. Weight room/ walking track 6am-7pm Open play basketball & computer 8am-6:45pm Sewing 3:30pm-6:30pm Bean Bag Baseball 10am-12pm	17. Green Ice Cream With Members Pop Corn Tuesday Zydeco Aerobics Class 5pm-6pm Classes \$1 	18. Weight room/ walking 6am-7pm Open play basketball & computer room 8am-6:45pm Bean Bag Baseball 10am-12pm	19. Donuts & Devotion 11:30am-12:30pm Sewing Class 3:30pm-6:30pm Zydeco Line Dance 5pm-6pm Class \$1	20. Weight room/ Walking 6am-7pm Open play basketball & computer 8am-6:45pm Chair Exercise 9am-10am Class \$1	21
22. Impact Program 4pm-6pm	23. Weight room/ walking track 6am-7pm Open play basketball & computer 8am-6:45pm Sewing 3:30pm-6:30pm Bean Bag Baseball 10am-12pm	24. Weight room/ walking 6am-7pm Open play basketball & computer room 8am-6:45pm Pop Corn Tuesday Zydeco Aerobics Class 5pm-6pm	25. Weight room/ walking 6am-7pm Open play basketball & computer room 8am-6:45pm Bean Bag Baseball 10am-12pm	26. Donuts & Devotion 11:30am-12:30pm Sewing Class 3:30pm-6:30pm Zydeco Line Dance 5pm-6pm Class \$1	27. Weight room/ Walking 6am-7pm Open play basketball & computer 8am-6:45pm Chair Exercise 9am-10am Class \$1	28
29. Impact Program 4pm-6pm	30. Weight room/ walking track 6am-7pm	31. Weight room/ walking 6am-7pm				