



October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 AM Sit & Fit 11:15 Bean Bag Baseball 6:00 PM Restorative Yoga	2
3	4 9 AM Cardio Pilates 10 AM Sit & Fit 5:00PM Zumba 5:45 PM Yoga 6:00 PM Buti Yoga	5 9 AM Yoga 6:00 PM Buti Yoga	6 9AM Pilates 10 AM Sit & Fit 5:45 PM Yoga	7 9:00 AM Yoga 6:00 PM Buti Yoga	8 10 AM Sit & Fit 11:15 Bean Bag Baseball	9
10	11 9 AM Cardio Pilates 10 AM Sit & Fit 5:00PM Zumba 5:45 PM Yoga 6:00 PM Buti Yoga	12 9 AM Yoga 6:00 PM Buti Yoga	13 9AM Pilates 10 AM Sit & Fit 5:30 PM Tabata 5:45 PM Yoga	14 9:00 AM Yoga 5:30 PM Circuit 6:00 PM Buti Yoga	15 10 AM Sit & Fit 11:15 Bean Bag Baseball	16
17	18 9 AM Cardio Pilates 10 AM Sit & Fit 5:00PM Zumba 5:45 PM Yoga 6:00 PM Buti Yoga	19 9 AM Yoga 6:00 PM Buti Yoga	20 9AM Pilates 10 AM Sit & Fit 5:30 PM Tabata 5:45 PM Yoga	21 9:00 AM Yoga 5:30 PM Circuit 6:00 PM Buti Yoga	22 10 AM Sit & Fit 11:15 Bean Bag Baseball	23
24 31	25 9 AM Cardio Pilates 10 AM Sit & Fit 5:00PM Zumba 5:45 PM Yoga 6:00 PM Buti Yoga	26 9 AM Yoga 6:00 PM Buti Yoga	27 9AM Pilates 10 AM Sit & Fit 5:30 PM Tabata 5:45 PM Yoga	28 9:00 AM Yoga 5:30 PM Circuit 6:00 PM Buti Yoga	29 10 AM Sit & Fit 11:15 Bean Bag Baseball	30



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

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

