

HAPPY★NEW★YEAR

January 2022

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



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

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