



May 2022

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

