



June 2022

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



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

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



- Exercise Boosts Brainpower  Movement Melts Away Stress 
 - Exercise Gives You Energy  It is easy to find time for fitness 
 - Fitness Can Build Relationships  Exercise Helps Ward Off Disease 
 - Fitness Pumps Up Your Heart  Exercise Lets You Eat More 
 - Exercise Boosts Performance  Weight Loss is NOT the Most Important Goal 
- Always put your Health first!* **Love**