



November 2022

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



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

**Enos Derbonne
 Sports Complex
 7903 Lake St.
 Lake Charles, LA 70605
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