



March 2023

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



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

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

HEALTHY SNACK IDEAS

