



# May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9 AM Cardio Pilates 10 AM Sit & Fit 1:00PM- 6:45 PM Pickleball 5:45 PM Yoga	<b>2</b> 9 AM Yoga 10:00 AM Balance Fitness 6:00 PM Buti Yoga	<b>3</b> 9AM Pilates 10 AM Sit & Fit 1:00PM-6:45PM Pickleball 5:45 PM Yoga	<b>4</b> 9 AM Yoga 10:00 AM Balance Fitness	<b>5</b> 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball 1PM-6:45 PM Pickleball	<b>6</b> Pickleball 10AM—1:45PM
<b>7</b>	<b>8</b> 9 AM Cardio Pilates 10 AM Sit & Fit 1:00PM- 6:45 PM Pickleball 5:45 PM Yoga	<b>9</b> 9 AM Yoga 10:00 AM Balance Fitness 6:00 PM Buti Yoga	<b>10</b> 9AM Pilates 10 AM Sit & Fit 1:00PM-6:45PM Pickleball 5:45 PM Yoga	<b>11</b> 9 AM Yoga 10:00 AM Balance Fitness	<b>12</b> 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball 1PM-6:45 PM Pickleball	<b>13</b> Pickleball 10AM—1:45PM
<b>14</b>	<b>15</b> 9 AM Cardio Pilates 10 AM Sit & Fit 1:00PM- 6:45 PM Pickleball 5:45 PM Yoga	<b>16</b> 9 AM Yoga 10:00 AM Balance Fitness 6:00 PM Buti Yoga	<b>17</b> 9AM Pilates 10 AM Sit & Fit 1:00PM-6:45PM Pickleball 5:45 PM Yoga	<b>18</b> 9 AM Yoga 10:00 AM Balance Fitness	<b>19</b> 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball 1PM-6:45 PM Pickleball	<b>20</b> Pickleball 10AM—1:45PM
<b>21</b>	<b>22</b> 9 AM Cardio Pilates 10 AM Sit & Fit 1:00PM- 6:45 PM Pickleball 5:45 PM Yoga	<b>23</b> 9 AM Yoga 10:00 AM Balance Fitness 6:00 PM Buti Yoga	<b>24</b> 9AM Pilates 10 AM Sit & Fit 1:00PM-6:45PM Pickleball 5:45 PM Yoga	<b>25</b> 9 AM Yoga 10:00 AM Balance Fitness	<b>26</b> 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball 1PM-6:45 PM Pickleball	<b>27</b> Pickleball 10AM—1:45PM
<b>28</b>	<b>29</b> Closed For Memorial Day	<b>30</b> 9 AM Yoga 10:00 AM Balance Fitness 6:00 PM Buti Yoga	<b>31</b> 9AM Pilates 10 AM Sit & Fit 1:00PM-6:45PM Pickleball 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](http://www.lcward3recreation.com)

