February 2026

Hours of Operation
Mon-Fri 6am-7pm
Saturday 8am-2pm
Sunday Closed

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga	3 8AM Hips, Abs, & Legs (L2) 9 AM Yoga 10:00 AM Balance Fitness 1:30-pm-3:30 pm Open Craft 5:45 PM Buti Yoga	4 9AM Pilates 10 AM Sit & Fit 12-3PM Mahjong 5:45 PM Yoga	5 8AM Hips, Abs, & Legs(L3) 9 AM Yoga 10:00 AM Balance Fitness 3-5PM Youth & Beginner Pickleball	6 8:00AM Pilates with Ball 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball	7 **OPEN** **8AM-2PM**
8 Closed	9 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga	10 8AM Hips, Abs, & Legs (L2) 9 AM Yoga 10:00 AM Balance Fitness 1:30-pm-3:30 pm Open Craft 5:45 PM Buti Yoga	11 9AM Pilates 10 AM Sit & Fit 12-3PM Mahjong 5:45 PM Yoga	12 8AM Hips, Abs, & Legs(L3) 9 AM Yoga 10:00 AM Balance Fitness 1-3PM Mahjong 3-5PM Youth & Beginner Pickleball	13 8:00AM Pilates with Ball 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball	14 **OPEN** **8AM-2PM**
15 Closed	16 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga	17 Closed For *Mardi Gras*	18 9AM Pilates 10 AM Sit & Fit 12-3PM Mahjong 5:45 PM Yoga	19 8AM Hips, Abs, & Legs(L3) 9 AM Yoga 10:00 AM Balance Fitness 1-3PM Mahjong 3-5PM Youth & Beginner Pickleball	20 8:00AM Pilates with Ball 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball	21 **OPEN** **8AM-2PM**
22 Closed	23 9 AM Cardio Pilates 10 AM Sit & Fit 5:45 PM Yoga	24 8AM Hips, Abs, & Legs (L2) 9 AM Yoga 10:00 AM Balance Fitness 1:30-pm-3:30 pm Open Craft 5:45 PM Buti Yoga	25 9AM Pilates 10 AM Sit & Fit 12-3PM Mahjong 5:45 PM Yoga	26 8AM Hips, Abs, & Legs(L3) 9 AM Yoga 10:00 AM Balance Fitness 1-3PM Mahjong 3-5PM Youth & Beginner Pickleball	27 8:00AM Pilates with Ball 9:00AM Zumba 10 AM Sit & Fit 11:15 Bean Bag Baseball	28 **OPEN** **8AM-2PM**

ENOS DERBONNE SPORTS COMPLEX
7903 Lake Street
Lake Charles La. 70605
337-502-5214
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PICKLEBALL HOURS

Mon. & Wed. 12 - 4:45PM
Tues. Men's 1 -3:30 PM
Thurs. Ladies 11:30-2PM
Fri. 12:30-4:45 PM
Sat. 9-1:45PM