Group Fitness Class Schedule

CLUB HOURS: Monday - Thursday 4am until 12 Midnight

Friday 4am – 9pm

Saturday 7am-7pm

Sunday 7am-5pm



2480 N. Pantano Rd ⬩ Tucson, AZ 85715

PH: (520) 722-6300

www.desertsportsandfitness.com

December 2018

|  |  |  |  |  |  |
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| **TIME** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **5:30AM** | **Power Up**  ***Briana*** | **Yoga Fusion**  *Mary* | **Power Up**  ***Briana*** | **Yoga Fusion**  *Hailey* |  | **SATURDAY** |
| **8:00AM** | **Power Up**  *Anita* |  |  |  |  |  |
| **8:15AM** |  | **Cardio fusion**  *Linda* | **zumba-toning-logo-horizontal.jpg**  *Janet* | **Cardio fusion**  *Linda* |  |  |
| **9:15AM** | **Power Up**  Anita | **Yoga Fusion**  *Paige* | **Power Up**  Anita | **Yoga Fusion**  *Angeli* | **Power Challenge**  *Linda* | *9:30 AM*  **Yoga Fusion**  *Angeli or Hailey* |
| **10:30AM** | **DSF GOLD**  *KK* | **Active Adult/Cardio**  *Linda* | DSF GOLD  KK | **Active Adult**  *Linda* | **DSF GOLD**  *Karen* | 10:45 AM  **Power up**  *Anita* |
| **11:30AM** | **dance mix**  *Darla* | **DSF GOLD**  **KK** | **dance mix**  *Darla* | **DSF GOLD**  **KK** | GOLD ***Janet*** | **SUNDAY** |
| **12:30pm** | **DSF GOLD**  **KK** |  | **DSF GOLD**  **KAREN** |  | **DSF GOLD**  *Karen* |  |
| **4:30PM** | **Yoga Fusion**  *Paige* |  |  |  |  |  |
| **5:30PM** |  |  |  | **Yoga Fusion**  *Angeli* |  |  |

**DSF Gold classes are designed for:**

**  **

**Small Group & Semi-Private Training**

***Please see a staff member for details***