## Group Fitness Schedule

If it doesn't challenge you, it doesn't change you!

CLUB HOURS:
Monday - Thursday 4am - 10pm
Friday 4am - 9pm
Saturday 7am -6pm
Sunday 7am - 4pm
2480 N. Pantano Rd • Tucson, AZ 85715

PH: (520) 722-6300

www.desertsportsandfitness.com

## TENTATIVE SCHEDULE

Effective June 1st, 2020

Enocute dano 1 , 2020						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Ļ
5:30AM	POWER UP		POWER UP			Updated 5/28/20
	Briana		Briana			
8:15AM		LOW IMPACT	<b>S</b> ZVMBA	LOW IMPACT		YOGA FUSION
		CARDIO	toning	CARDIO	50	•
		Linda	Starting June 17th	Linda	\$ 1.000	Annalise
9:15AM	POWER UP		POWER UP	YOGA FUSION	POWER	
	<b>A</b> nita		Anita	1	CHALLENGE	
				- Annalise	Linda	
						DOWED UD
9:30AM						POWER UP Anita
10:30AM	DSF GOLD	DSF GOLD	DSF GOLD	DSF GOLD	DSF GOLD	OLINID AV
IU.SUAIVI	Karen	KK	Karen	KK	Karen	SUNDAY
			5	1 1 1 1 4		
11:30AM	DANGE MIX CO	son's Co	DANCE MIX	Fitness	3 ZVMBA	
1110071111	DANCE MIX	,0,,0	DANCE MIX	1 1011000	FITNESS	
	Darla		Darla		GOLD Bet <i>ty</i>	
40.2004						
12:30PM	DSF GOLD KK		DSF GOLD			
	NN.		KK			
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**DSF GOLD** designed for:







**Small Group & Semi-Private Training** 

Please see a staff member for details