

Group Fitness Class Schedule

CLUB HOURS: Monday - Thursday 4am until 12 Midnight Friday 4am – 9pm Saturday 7am-7pm

Sunday 7am-5pm

Oct 8, 2018

2480 N. Pantano Rd • Tucson, AZ 85715

PH: (520) 722-6300 www.desertsportsandfitness.com

TIME **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** Power Up **Power Up** Yoga Fusion **SATURDAY** Yoga Fusion 5:30AM Briana Briana Mary Kerry Power Up 8:00AM Anita **CARDIO FUSION CARDIO FUSION** 8:15AM Linda Linda Janet 9:30 AM Yoga Fusion Yoga Fusion Yoga Fusion **Power Up Power Up Power Challenge** Paige 9:15AM Paige Kerry Linda Anita Anita 10:45 AM **Active Adult** Active **DSF GOLD DSF GOLD** 10:30AM **DSF GOLD** Adult/Cardio Linda Power up ΚK Karen KK Anita Linda SUNDAY **DANCE MIX DSF GOLD DANCE MIX DSF GOLD** 11:30AM Darla KK Darla KK **GOLD** Janet **DSF GOLD DSF GOLD DSF GOLD** 12:30pm **KAREN** KK Karen Yoga Fusion 4:30PM Kerry Yoga Fusion 5:30PM Kerry

DSF Gold classes are designed for:







Small Group & Semi-Private Training

Please see a staff member for details