



**SPORTS & FITNESS**

Tucson's Complete Fitness Center

2480 N. Pantano Rd ♦ Tucson, AZ 85715

PH: (520) 722-6300

[www.desertsportsandfitness.com](http://www.desertsportsandfitness.com)

**Group Fitness Class Schedule**

CLUB HOURS: Monday - Thursday 4am until 12 Midnight

Friday 4am – 9pm

Saturday 7am-7pm

Sunday 7am-5pm

**CHILD ACTIVITY CENTER HOURS:**

M-Th 8am-12pm & 4pm-8pm / Fri 8am-Noon

| TIME    | MONDAY                       | TUESDAY                             | WEDNESDAY                 | THURSDAY                       | FRIDAY                          | SATURDAY                                  |
|---------|------------------------------|-------------------------------------|---------------------------|--------------------------------|---------------------------------|---|
| 5:30AM  | Power Up<br><i>Briana</i>    | Yoga Fusion<br><i>Mary</i>          | Power Up<br><i>Briana</i> | Yoga Fusion<br><i>Kerry</i>    | Power Up<br><i>Mary Ellen</i>   |   |
| 7:00AM  |                              |                                     |                           |                                |                                 |   |
| 8:15AM  | ZUMBA<br><i>Betty</i>        | CARDIO FUSION<br><i>Linda</i>       | ZUMBA<br><i>Janet</i>     | CARDIO FUSION<br><i>Linda</i>  | ZUMBA<br><i>Betty</i>           |   |
| 9:15AM  | Power Up<br><i>Anita</i>     | Yoga Fusion<br><i>Courtney</i>      | Power Up<br><i>Anita</i>  | Yoga Fusion<br><i>Courtney</i> | Power Challenge<br><i>Linda</i> | 9:30 AM<br>Yoga Fusion<br><i>Kerry</i>    |
| 10:30AM | DSF Gold<br><i>KK</i>        | Active Adult/Cardio<br><i>Linda</i> | DSF Gold<br><i>KK</i>     | Active Adult<br><i>Linda</i>   | DSF Gold<br><i>Karen</i>        | 10:45 AM<br>Power up<br><i>Anita</i>      |
| 11:30AM | DANCE MIX<br><i>Darla</i>    | DSF Gold<br><i>KK</i>               | DANCE MIX<br><i>Darla</i> | DSF Gold<br><i>KK</i>          | ZUMBA<br>GOLD<br><i>Janet</i>   | SUNDAY                                    |
| 12:30pm | DSF Gold<br><i>KK</i>        |                                     | DSF Gold<br><i>Karen</i>  |                                |                                 |   |
| 4:30PM  | Yoga Fusion<br><i>Rachel</i> |                                     |                           |                                |                                 | 8:30 AM<br>Power Up<br><i>Mary/ Aimee</i> |
| 5:30PM  |                              |                                     | Power Up<br><i>Aimee</i>  | Yoga Fusion<br><i>Kerry</i>    |                                 |   |



**Ask about our Semi Private Training**