


















Desert SPORTS & FITNESS

Tucson's Complete Fitness Center
3672 S 16th Ave
Tucson, AZ 85713
520-791-7799
www.desertsportsandfitness.com

Group Fitness Class Schedule
Club Hours: Open 4am to 11pm Weekdays
Saturday and Sunday: 7am - 2pm
Small Group Training - Friday: 5 am - 10 pm

New Schedule as of August 2018

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM						
8:00 AM						
9:00 AM	NEW Wake Up w/ Damien			 Yezel		
10:00 AM	 Doreen		 Doreen		 Taylor	
5:00pm						
6:30 PM	The Fit and the Furious- Complete Core/ab		 Yezel	Laura with MIXED FIT	 Yezel	
 Check out our Fitness On Demand™ for MORE classes on <u>YOUR</u> Schedule!						