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 GOLDKK | **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:**

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**Small Group & Semi-Private Training**

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