

# Desert

## 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

February 2019

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

DSF Gold classes are designed for:



## Small Group & Semi-Private Training

Please see a staff member for details