Group Fitness Schedule

**If it doesn’t challenge you, it doesn’t change you!**

Effective June 1st, 2020

CLUB HOURS:

Monday - Thursday 4am - 10pm

Friday 4am – 9pm

Saturday 7am -6pm

Sunday 7am - 4pm

2480 N. Pantano Rd ⬩ Tucson, AZ 85715

PH: (520) 722-6300

www.desertsportsandfitness.com

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| --- | --- | --- | --- | --- | --- |
| **TIME** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **5:30AM** | **POWER UP**  ***Briana*** |  | **POWER UP**  ***Briana*** |  |  | **SATURDAY** |
| **8:15AM** |  | **low impact Cardio**  *Linda* | **zumba-toning-logo-horizontal.jpg**  *Starting June 17th* | **low impact Cardio**  *Linda* |  | **YOGA FUSION**  *Annalise* |
| **9:15AM** | **POWER UP**  *Anita* |  | **POWER UP**  *Anita* | **YOGA FUSION**  *Annalise* | **POWER CHALLENGE**  *Linda* |  |
| **9:30AM** |  |  |  |  |  | **POWER UP**  *Anita* |
| **10:30AM** | **DSF GOLD**  *Karen* | **DSF GOLD**  KK | **DSF GOLD**  Karen | **DSF GOLD**  KK | **DSF GOLD**  *Karen* | **SUNDAY** |
| **11:30AM** | **dance mix**  *Darla* |  | **dance mix**  *Darla* |  | GOLD Bet***ty*** |  |
| **12:30PM** | **DSF GOLD**  KK |  | **DSF GOLD**  KK |  |  |  |

**DSF Gold classes are designed for:**

**TENTATIVE SCHEDULE**

**DSF Gold classes are designed for:**

** **

**Small Group & Semi-Private Training**

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

**DSF GOLD designed for:**

Updated 5/28/20