

# Group Fitness Schedule

If it doesn't challenge you, it doesn't change you!

**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

## TENTATIVE SCHEDULE

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

Effective June 1<sup>st</sup>, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5:30AM	<b>POWER UP</b>  Briana		<b>POWER UP</b>  Briana			Updated 5/28/20
8:15AM		<b>LOW IMPACT CARDIO</b> Linda	 <b>ZUMBA</b> toning Starting June 17th	<b>LOW IMPACT CARDIO</b> Linda		<b>YOGA FUSION</b>  Annalise
9:15AM	<b>POWER UP</b> Anita		<b>POWER UP</b> Anita	<b>YOGA FUSION</b>  Annalise	<b>POWER CHALLENGE</b> Linda	
9:30AM						<b>POWER UP</b> Anita
10:30AM	<b>DSF GOLD</b> Karen	<b>DSF GOLD</b> KK	<b>DSF GOLD</b> Karen	<b>DSF GOLD</b> KK	<b>DSF GOLD</b> Karen	<b>SUNDAY</b>
11:30AM	<b>DANCE MIX</b>  Darla		<b>DANCE MIX</b>  Darla		 <b>ZUMBA</b> FITNESS GOLD Betty	
12:30PM	<b>DSF GOLD</b> KK		<b>DSF GOLD</b> KK			

DSF GOLD designed for:



## Small Group & Semi-Private Training

Please see a staff member for details