

Group Fitness Schedule

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

CLUB HOURS:

Monday – Friday 4am - 9pm

Saturday 7am -6pm

Sunday 7am - 4pm

2480 N. Pantano Rd • Tucson, AZ 85715

PH: (520) 722-6300

TEMPORARY SCHEDULE

www.desertsportsandfitness.com

Effective June 17th, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Updated 6/17/20 SATURDAY
5:30AM						
8:15AM						
9:15AM						
9:30AM						
10:30AM	DSF GOLD Karen	DSF GOLD KK	DSF GOLD Karen	DSF GOLD KK	DSF GOLD Karen	SUNDAY
11:30AM	Tucson's Complete Fitness Center					
12:30PM						

DSF GOLD designed for:



Small Group & Semi-Private Training

Please see a staff member for details