



DESERT FITNESS

Mesa Group Fitness Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30am	BodyPump Katie D	RPM Maria G	BodyPump Katie D	RPM Dawn B	BodyPump Katie D		
7:30am						BodyPump 8:00 AM Katie D	
8:30am	RPM Vahania B	BodyPump Barb K	RPM Alissa	BodyPump Barb K	Pound Quincy		Yoga Shonda L
9:30am	Body Combat Meagan	Zumba Kima	Body Combat Meagan	Zumba Kim A	Yoga Brenda B	Yoga 9:00 AM Brenda B	Zumba Stephanie H
10:30am	Pilates Lana R	Yoga Jaime B	Pilates Lana R	Yoga Jaime B		Zumba 10:00 AM Patricia Z	
11:30am	Silver Sneakers Classic Vahania B	Silver Sneakers Circuit	Silver Sneakers Yoga	Silver Sneakers Classic			
5:30pm	Body Combat Elana	RPM Alisa B	Body Combat Elana	RPM Maria G	Club Hours: Sunday 6am - Friday 10:30pm: 24 HOURS Saturday: 6am - 8pm Desert Kids Childcare Hours: Monday-Friday: 8am - 1pm, 4pm - 8:30pm Saturday/Sunday: 8am - 12pm		
6:30pm	BodyPump Dawn B	Zumba Stephanie H	BodyPump Ginny C	Zumba Stephanie H			
7:30pm	Pound Vahania B	Yoga Kristen D	Pound Vahania B	Yoga Brenda B			