

Fitness Timetable

DKIT Sport

Accurate as of 28/04/2024

Times for Thursday 17 January



Time	Session	Facility
6:45 am - 7:30 am	H40	Gym Rig
9:30 am - 10:15 am	Stages Intro	Cycle Studio
6:15 pm - 7:00 pm	Stages SPIN	Cycle Studio
7:00 pm - 8:00 pm	Beginner Pilates	Aerobics Studio