

# Fitness Timetable

## DKIT Sport

Accurate as of 20/04/2024

### Times for Tuesday 22 January



Time	Session	Facility
6:45 am - 7:30 am	H40	Gym Rig
9:30 am - 10:15 am	Cardio Box	Aerobics Studio
1:15 pm - 1:45 pm	TRX	Aerobics Studio
6:15 pm - 7:00 pm	Stages SPIN	Cycle Studio
7:00 pm - 7:15 pm	Express Abs	Aerobics Studio
7:15 pm - 8:00 pm	Pump It Up	Aerobics Studio