

# Fitness Timetable

## DKIT Sport

Accurate as of 25/04/2024

### Times for Thursday 24 January



Time	Session	Facility
6:45 am - 7:30 am	H40	Gym Rig
9:30 am - 10:15 am	Body Pump	Aerobics Studio
6:15 pm - 7:00 pm	Stages SPIN	Cycle Studio
6:15 pm - 7:00 pm	TRX	Aerobics Studio
7:15 pm - 8:00 pm	DKIT HIIT	Aerobics Studio