Fitness Timetable DKIT Sport

Accurate as of 06/05/2024

| 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 |