

Fitness Timetable

DKIT Sport

Accurate as of 26/04/2024

Times for Friday 25 January



Time	Session	Facility
6:45 am - 7:30 am	Stages SPIN	Cycle Studio
9:30 am - 10:15 am	Step It Up	Aerobics Studio
10:15 am - 10:45 am	Basic Body Balance	Aerobics Studio
11:00 am - 11:45 am	Aquacise	Indoor Pool
1:15 pm - 1:45 pm	Stages SPIN	Cycle Studio
6:15 pm - 7:00 pm	Free Style Spin	Cycle Studio
6:15 pm - 7:00 pm	BootyCamp	Aerobics Studio
7:00 pm - 7:15 pm	Express Abs	Aerobics Studio