

Fitness Timetable

DKIT Sport

Accurate as of 02/05/2024

Times for Tuesday 20 August



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
6:00 pm - 6:40 pm	H40	Gym Rig
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