


# Fitness Timetable

## DKIT Sport

Accurate as of 02/05/2024

Times for Friday 19 April			
Time	Session	Facility	
6:45 am - 7:25 am	Spin	Cycle Studio	
9:30 am - 10:10 am	Body Pump	Aerobics Studio	
10:30 am - 11:10 am	Aquacise	Indoor Pool	
5:30 pm - 6:10 pm	Man Power	Gym Rig	
6:15 pm - 6:45 pm	Flex and Stretch	Aerobics Studio	