

Fitness Timetable

DKIT Sport

Accurate as of 03/05/2024

Times for Monday 22 April



Time	Session	Facility
6:45 am - 7:25 am	Spin	Cycle Studio
9:30 am - 10:10 am	H40	Gym Rig
10:30 am - 11:10 am	Aquacise	Indoor Pool
5:30 pm - 6:10 pm	H40	Gym Rig
6:15 pm - 6:30 pm	Abs Attack	Aerobics Studio
6:30 pm - 7:10 pm	Spin	Cycle Studio
7:15 pm - 7:45 pm	Pump It Up	Aerobics Studio