

# Fitness Timetable

## DKIT Sport

Accurate as of 23/04/2024

### Times for Thursday 22 August



Time	Session	Facility
6:45 am - 7:30 am	H40	Gym Rig
9:30 am - 10:15 am	Stages Intro	Cycle 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 - 8:00 pm	Beginner Pilates	Aerobics Studio