Fitness Timetable DKIT Sport

Accurate as of 16/05/2024

| Times for Thursday 17 October | | |
|-------------------------------|------------------|-----------------|
| 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 |