

# Fitness Timetable

## DKIT Sport

Accurate as of 03/05/2024

### Times for Monday 9 December



| Time                | Session            | Facility        |
|---------------------|--------------------|-----------------|
| 6:45 am - 7:30 am   | Stages SPIN        | Cycle Studio    |
| 9:30 am - 10:15 am  | TRX                | Aerobics Studio |
| 10:15 am - 10:45 am | Basic Body Balance | Aerobics Studio |
| 11:00 am - 11:45 am | Aquacise           | Indoor Pool     |
| 1:15 pm - 1:45 pm   | Stages SPIN        | Cycle Studio    |
| 5:15 pm - 5:55 pm   | H40                | Gym Rig         |
| 6:00 pm - 6:45 pm   | POUND              | Aerobics Studio |
| 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   | TRX                | Aerobics Studio |