

# Fitness Timetable

## DKIT Sport

Accurate as of 04/05/2024

### Times for Tuesday 10 December



| Time                | Session        | Facility        |
|---------------------|----------------|-----------------|
| 6:45 am - 7:30 am   | H40            | Gym Rig         |
| 9:30 am - 10:15 am  | Cardio Box     | Aerobics Studio |
| 10:30 am - 11:15 am | Fit Mums       | Aerobics 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 - 7:15 pm   | Express Abs    | Aerobics Studio |
| 7:15 pm - 8:00 pm   | Pump It Up     | Aerobics Studio |
| 8:00 pm - 9:00 pm   | Yoga (60 mins) | Aerobics Studio |