

Fitness Timetable

DKIT Sport

Accurate as of 25/04/2024

Times for Monday 16 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