

Fitness Timetable

DKIT Sport

Accurate as of 19/04/2024

Times for Friday 20 December



Time	Session	Facility
6:45 am - 7:30 am	Stages SPIN	Cycle Studio
9:30 am - 10:15 am	Body Pump	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 - 6:00 pm	Stages SPIN	Cycle Studio
6:00 pm - 6:45 pm	Kettlebell TRX Combo	Aerobics Studio
7:00 pm - 7:15 pm	Express Abs	Aerobics Studio