

Fitness Timetable

DKIT Sport

Accurate as of 28/04/2024

Times for Tuesday 24 March



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
7:15 pm - 8:00 pm	BootyCamp	Aerobics Studio
8:00 pm - 9:00 pm	Yoga (60 mins)	Aerobics Studio