

Fitness Timetable

DKIT Sport

Accurate as of 27/04/2024

Times for Wednesday 25 March



| Time | Session | Facility |
|---------------------|----------------|-----------------|
| 6:45 am - 7:30 am | Stages Intro | Cycle Studio |
| 9:30 am - 10:10 am | H40 | Gym Rig |
| 10:00 am - 11:00 am | Yoga (60 mins) | Aerobics Studio |
| 11:00 am - 11:45 am | Aquacise | Indoor Pool |
| 1:15 pm - 1:45 pm | Rig Riot | Cycle Studio |
| 5:15 pm - 6:00 pm | Body Pump | Aerobics Studio |
| 6:00 pm - 6:45 pm | TRX | Aerobics Studio |
| 6:15 pm - 7:00 pm | Stages SPIN | Cycle Studio |
| 7:00 pm - 7:40 pm | Aquacise | Indoor Pool |
| 7:00 pm - 7:45 pm | POUND | Aerobics Studio |