Fitness Timetable

DKIT Sport

Accurate as of 12/10/2024

Times for Wednesday 1 April

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