


Fitness Timetable

DKIT Sport

Accurate as of 20/05/2024

Times for Thursday 16 July			
Time	Session	Facility	
9:30 am - 10:00 am	Spin	Cycle Studio	
10:00 am - 10:30 am	Flex and Stretch	Aerobics Studio	
5:30 pm - 6:00 pm	Spin	Cycle Studio	