


# Fitness Timetable

## DKIT Sport

Accurate as of 19/05/2024

Times for Friday 17 July			
Time	Session	Facility	
6:45 am - 7:25 am	Spin	Cycle Studio	
5:30 pm - 6:10 pm	Man Power	Gym Rig	
6:15 pm - 6:45 pm	Flex and Stretch	Aerobics Studio	