

# Fitness Timetable

## DKIT Sport

Accurate as of 28/04/2024

### Times for Monday 28 September



Time	Session	Facility
6:45 am - 7:25 am	Spin	Cycle Studio
5:30 pm - 6:10 pm	H40	Gym Rig
6:15 pm - 6:30 pm	Abs Attack	Aerobics Studio