

Fitness Timetable

DKIT Sport

Accurate as of 28/04/2024

Times for Thursday 1 October



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