## Fitness Timetable DKIT Sport

## Accurate as of 04/05/2024

| Times for Monday 5 October |            |                 |
|----------------------------|------------|-----------------|
| 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 |