

Fitness Timetable

DKIT Sport

Accurate as of 24/04/2024

Times for Thursday 28 January



| 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 |