

Fitness Timetable

DKIT Sport

Accurate as of 25/04/2024

Times for Friday 29 January



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