Fitness Timetable
DKIT Sport

Accurate as of 12/10/2024

Times for Monday 17 May

Time	Session	Facility
6:30 am - 7:15 am	Spin	Cycle Studio
6:00 pm - 6:45 pm	H40	Gym Rig
6:45 pm - 7:00 pm	Abs Attack	Aerobics Studio