## Fitness Timetable DKIT Sport

## Accurate as of 18/05/2024

Times for Thursday 20 May		
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