Fitness Timetable
DKIT Sport

Accurate as of 12/10/2024

Times for Tuesday 23 April

Time	Session	Facility
9:30 am - 10:15 am	TRX	Aerobics Studio
6:00 pm - 6:45 pm	Field Fitness	Gym Rig
6:45 pm - 7:00 pm	Abs Attack	Aerobics Studio
7:00 pm - 7:45 pm	Boxfit	Aerobics Studio