

# Fitness Timetable

## DKIT Sport

Accurate as of 18/05/2024

### Times for Tuesday 30 April



Time	Session	Facility
9:30 am - 10:00 am	TRX	Aerobics Studio
10:00 am - 11:00 am	Flex and Stretch	Aerobics Studio
5:30 pm - 6:00 pm	Spin	Cycle Studio
6:15 pm - 6:30 pm	Abs Attack	Aerobics Studio
6:30 pm - 7:10 pm	Boxfit	Aerobics Studio
7:15 pm - 7:45 pm	Body Blast	Aerobics Studio