

Fitness Timetable

DKIT Sport

Accurate as of 18/05/2024

Times for Wednesday 1 May



Time	Session	Facility
6:45 am - 7:25 am	Spin	Cycle Studio
9:30 am - 10:10 am	Boxfit	Aerobics Studio
10:30 am - 11:10 am	Aquacise	Indoor Pool
5:30 pm - 6:10 pm	TRX	Aerobics Studio
6:15 pm - 6:30 pm	Express Abs	Aerobics Studio
6:30 pm - 7:10 pm	Spin	Cycle Studio
7:15 pm - 7:45 pm	Upper Body Blast	Aerobics Studio