

Fitness Timetable

DKIT Sport

Accurate as of 18/05/2024

Times for Friday 3 May



Time	Session	Facility
6:45 am - 7:25 am	Spin	Cycle Studio
9:30 am - 10:10 am	Body Pump	Aerobics Studio
10:30 am - 11:10 am	Aquacise	Indoor Pool
5:30 pm - 6:10 pm	Man Power	Gym Rig
6:15 pm - 6:45 pm	Flex and Stretch	Aerobics Studio