

Exercise Classes

Dulwich College Sports Club

Accurate as of 12/05/2024

Times for Wednesday 1 May



| Time | Session | Facility | Instructor |
|---------------|------------------------|---------------------------|------------|
| 08:00 - 08:55 | Cross HIIT | Trevor Bailey SG Hall | Omar |
| 09:05 - 10:05 | BodyBlast Conditioning | Trevor Bailey SG Hall | Nathaniel |
| 10:15 - 11:10 | Zumba | Trevor Bailey SG Hall | Zaira |
| 11:20 - 12:00 | Mindfulness | Trevor Bailey SG Hall | Zaira |
| 13:30 - 14:10 | DC Staff Pilates | Club Room (Sports Centre) | Zaira |
| 17:15 - 18:00 | DC Staff Yoga | Club Room (Sports Centre) | Sarayu |
| 18:15 - 19:15 | Yoga (Mixed) | Club Room (Sports Centre) | Sarayu |