

Exercise Classes

Dulwich College Sports Club

Accurate as of 17/07/2024

Times for Monday 15 July



Time	Session	Facility	Instructor
08:00 - 08:45	Morning Yoga (Beg /Gen)	Trevor Bailey SG Hall	Zaira
09:05 - 10:05	Body Conditioning	Trevor Bailey SG Hall	Imelda
10:15 - 11:15	Body Conditioning	Trevor Bailey SG Hall	Imelda
11:20 - 12:15	Pilates (Beginner)	Trevor Bailey SG Hall	Zaira
17:15 - 18:00	DC Staff Body Conditioning	Club Room (Sports Centre)	Lauren
19:00 - 19:45	BodyBlast Conditioning	Club Room (Sports Centre)	Nathaniel