

Exercise Classes

Dulwich College Sports Club

Accurate as of 16/07/2024

Times for Thursday 18 July



Time	Session	Facility	Instructor
08:00 - 08:45	Morning Yoga (Beg /Gen)	Trevor Bailey SG Hall	Zaira
09:05 - 10:00	Core Conditioning	Squash Courts (TBSG)	Nathaniel
09:05 - 10:05	Pilates (All welcome)	Trevor Bailey SG Hall	Zaira
10:15 - 11:15	Zumba Gold	Trevor Bailey SG Hall	Zaira
18:00 - 18:30	Pilates Core Express	Club Room (Sports Centre)	Paula
18:30 - 19:30	Stretch Flow	Club Room (Sports Centre)	Paula
18:45 - 19:30	Aqua Fit	Indoor Pool (25.0m)	Carol/Alison
19:30 - 20:15	Boxing Class	Club Room (Sports Centre)	Kwame