

# Exercise Classes

## Dulwich College Sports Club

Accurate as of 16/07/2024

### Times for Sunday 21 July



Time	Session	Facility	Instructor
09:00 - 09:55	Cardio Dancefit Method	Exercise Studio (Sports Centre)	Paulette
10:10 - 11:00	Legs Bums Tums Method (mat based)	Exercise Studio (Sports Centre)	Paulette
11:10 - 12:00	Dance Method	Exercise Studio (Sports Centre)	Paulette