

Exercise Classes

Dulwich College Sports Club

Accurate as of 29/01/2025

Times for Tuesday 28 January



Time	Session	Facility	Instructor
09:05 - 10:00	Morning Yoga (Beg /Gen)	Trevor Bailey SG Hall	Zaira
09:05 - 10:00	BodyBlast Step	Squash Courts (TBSG)	Nathaniel
10:15 - 11:15	Pilates General (All levels)	Trevor Bailey SG Hall	Zaira
17:15 - 17:45	DC Staff Legs, Bums & Tums	Club Room (Sports Centre)	Paula
18:00 - 18:45	Pilates (All welcome)	Club Room (Sports Centre)	Paula
18:50 - 19:20	Legs Bums Tums & Stretch	Club Room (Sports Centre)	Paula
19:30 - 20:30	Boxing Class	Club Room (Sports Centre)	Kwame
19:35 - 20:20	Barre	Exercise Studio (Sports Centre)	Paula