

Spin Studio

Dulwich College Sports Club

Accurate as of 10/05/2024

Times for Thursday 9 May



Time	Session	Instructor	Type
07:00 - 07:45	Cyclist's Session (Adv)	Bruno	Conditioning
12:15 - 12:45	Lunchtime Ride	Claudia	Cycling Studio
16:15 - 17:00	DC Staff - The Trip	Virtual Instructor	Cardio
18:00 - 18:30	Sprint	Virtual Instructor	Cardio
19:00 - 19:30	BodyBlast Cycle	Nathaniel	Cardio
19:45 - 20:15	Cycle Sprint (Adv) (Cancelled)	Paula	Cycling Studio
20:30 - 21:15	The Trip	Virtual Instructor	Cardio