

Spin Studio

Dulwich College Sports Club

Accurate as of 21/05/2024

Times for Monday 13 May



Time	Session	Instructor	Type
07:00 - 07:30	Sprint	Virtual Instructor	Cardio
12:15 - 12:45	DC Staff Spin	Virtual Instructor	Cycling Studio
13:30 - 14:00	DC Staff Spin	Virtual Instructor	Cycling Studio
16:15 - 16:45	DC Staff Spin	Virtual Instructor	Cycling Studio
17:00 - 17:30	DC Boarders	Virtual Instructor	Conditioning
17:50 - 18:35	The Trip	Virtual Instructor	Cardio
18:45 - 19:45	Cyclist's Session (Adv)	Bruno	Conditioning
20:00 - 20:45	The Trip	Virtual Instructor	Cardio
21:00 - 21:30	Sprint	Virtual Instructor	Cardio