

Spin Studio

Dulwich College Sports Club

Accurate as of 21/05/2024

Times for Tuesday 14 May



Time	Session	Instructor	Type
07:00 - 07:45	The Trip	Virtual Instructor	Cardio
12:15 - 12:45	DC Staff Spin	Virtual Instructor	Cycling Studio
15:15 - 15:45	DC Staff Spin	Virtual Instructor	Cycling Studio
17:15 - 17:45	DC Staff Spin	Virtual Instructor	Cycling Studio
18:00 - 18:45	Energize Cycle	Cassandra	Cycling Studio
19:00 - 19:45	The Trip	Virtual Instructor	Cardio
20:30 - 21:00	Sprint	Virtual Instructor	Cardio