

Exercise Classes

Dulwich College Sports Club

Accurate as of 06/05/2024

Times for Thursday 3 February



Time	Session	Facility	Instructor
08:00 - 08:45	Morning Yoga (Beg /Gen)	Trevor Bailey SG Hall	Zaira
10:15 - 11:15	Zumba Gold	Trevor Bailey SG Hall	Zaira
18:30 - 19:30	Stretch Flow	Club Room (Sports Centre)	Paula
19:30 - 20:15	Boxing Class	Club Room (Sports Centre)	Kwame