

# Exercise Classes

## Dulwich College Sports Club

Accurate as of 17/05/2024

### Times for Monday 15 April



| Time          | Session                 | Facility                  | Instructor |
|---------------|-------------------------|---------------------------|------------|
| 08:00 - 08:45 | Morning Yoga (Beg /Gen) | Trevor Bailey SG Hall     | Zaira      |
| 09:05 - 10:05 | Body Conditioning       | Trevor Bailey SG Hall     | Imelda     |
| 10:15 - 11:15 | Body Conditioning       | Trevor Bailey SG Hall     | Imelda     |
| 11:20 - 12:15 | Pilates (Beginner)      | Trevor Bailey SG Hall     | Zaira      |
| 19:00 - 19:45 | BodyBlast Conditioning  | Club Room (Sports Centre) | Nathaniel  |