

Exercise Classes

Dulwich College Sports Club

Accurate as of 17/05/2024

Times for Tuesday 16 April



Time	Session	Facility	Instructor
09:05 - 10:00	Zumba	Trevor Bailey SG Hall	Cayana
09:05 - 10:00	BodyBlast Step	Squash Courts (2)	Nathaniel
10:15 - 11:15	Pilates General (All levels)	Trevor Bailey SG Hall	Zaira
17:15 - 18:00	DC Staff Body Conditioning	Club Room (Sports Centre)	Paula
18:15 - 19:00	Barre	Exercise Studio (Sports Centre)	Paula
19:00 - 20:00	Boxing Class	Club Room (Sports Centre)	Kwame
19:15 - 20:15	Pilates General (All levels)	Exercise Studio (Sports Centre)	Paula