

Exercise Classes

Dulwich College Sports Club

Accurate as of 03/05/2024

Times for Sunday 21 April



| Time | Session | Facility | Instructor |
|---------------|-----------------------------------|---------------------------------|------------|
| 09:00 - 09:55 | Cardio Dancefit Method | Exercise Studio (Sports Centre) | Paulette |
| 10:10 - 11:00 | Legs Bums Tums Method (mat based) | Exercise Studio (Sports Centre) | Paulette |
| 11:10 - 12:00 | Dance Method | Exercise Studio (Sports Centre) | Paulette |