

# Exercise Classes

## Dulwich College Sports Club

Accurate as of 03/05/2024

### Times for Wednesday 24 April



Time	Session	Facility	Instructor
08:00 - 08:55	Cross HIIT	Trevor Bailey SG Hall	Omar
09:05 - 10:05	BodyBlast Conditioning	Trevor Bailey SG Hall	Nathaniel
10:15 - 11:10	Zumba	Trevor Bailey SG Hall	Zaira
11:20 - 12:00	Mindfulness	Trevor Bailey SG Hall	Zaira
13:30 - 14:10	DC Staff Pilates (Cancelled)	Club Room (Sports Centre)	Zaira
17:15 - 18:00	DC Staff Yoga	Club Room (Sports Centre)	Sarayu
18:15 - 19:15	Yoga (Mixed)	Club Room (Sports Centre)	Sarayu