

Exercise Classes

Dulwich College Sports Club

Accurate as of 12/08/2026

Times for Thursday 13 August			
Time	Session	Facility	Instructor
09:05 - 10:05	Power Pilates (Cancelled)	Auditorium (The Laboratory)	Zaira
10:15 - 11:15	Zumba Gold (Cancelled)	Auditorium (The Laboratory)	Zaira
18:00 - 19:00	Stretch Flow	Club Room (Sports Centre)	Paula
18:45 - 19:30	Aqua Fit	Indoor Pool (25.0m)	Carol/Alison
19:15 - 19:45	Pilates Core Express	Club Room (Sports Centre)	Paula