

Exercise Classes

Dulwich College Sports Club

Accurate as of 12/08/2026

Times for Friday 14 August			
Time	Session	Facility	Instructor
09:00 - 09:55	Strength Reform	Auditorium (The Laboratory)	Omar
10:15 - 11:15	Pilates (All welcome)	Auditorium (The Laboratory)	Zaira
11:20 - 12:00	Mindfulness	Auditorium (The Laboratory)	Omar