

# Exercise Classes

## Dulwich College Sports Club

Accurate as of 12/08/2026

Times for Tuesday 18 August



| Time          | Session                      | Facility                    | Instructor |
|---------------|------------------------------|-----------------------------|------------|
| 08:00 - 08:45 | Morning Yoga (Beg /Gen)      | Auditorium (The Laboratory) | Paula      |
| 09:05 - 10:00 | Legs Bums Tums & Stretch     | Auditorium (The Laboratory) | Paula      |
| 10:15 - 11:15 | Pilates General (All levels) | Auditorium (The Laboratory) | Paula      |
| 19:30 - 20:30 | Boxing Class                 | Club Room (Sports Centre)   | Kwame      |