

Exercise Classes

Dulwich College Sports Club

Accurate as of 01/10/2026

Times for Monday 5 October				
Time	Session	Facility	Instructor	
09:05 - 10:05	Body Conditioning	Trevor Bailey SG Hall	Imelda	
10:15 - 11:15	Body Conditioning	Trevor Bailey SG Hall	Imelda	
11:25 - 12:15	Pilates (Beg/General)	Trevor Bailey SG Hall	Zaira	
19:00 - 19:45	BodyBlast Conditioning	Club Room (Sports Centre)	Nathaniel	
20:00 - 20:45	Core Conditioning	Club Room (Sports Centre)	Nathaniel	