

Exercise Classes

Dulwich College Sports Club

Accurate as of 01/10/2026

Times for Wednesday 7 October				
Time	Session	Facility	Instructor	
08:00 - 08:55	Cross HIIT	Trevor Bailey SG Hall	Omar	
09:05 - 10:00	Flow Fitness	Squash Courts (TBSG)	Omar	
09:05 - 10:05	BodyBlast Conditioning	Trevor Bailey SG Hall	Nathaniel	
10:15 - 11:00	Body Combat	Trevor Bailey SG Hall	Jennifer	
18:15 - 19:15	Yoga (Mixed)	Club Room (Sports Centre)	Sarayu	