Exercise Classes

Dulwich College Sports Club

Accurate as of 23/11/2026

Times for Monday 23 November

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