Exercise Classes

Dulwich College Sports Club

Accurate as of 23/11/2026

Times for Tuesday 24 November

Time	Session	Facility	Instructor
08:00 - 08:45	Morning Yoga (Beg /Gen)	Trevor Bailey SG Hall	Zaira
09:05 - 10:00	Zumba	Trevor Bailey SG Hall	Zaira
09:05 - 10:00	BodyBlast Step	Squash Courts (TBSG)	Nathaniel
10:15 - 11:15	Pilates General (All levels)	Trevor Bailey SG Hall	Zaira
11:25 - 12:15	Pilates (Beg/General)	Trevor Bailey SG Hall	Pippa
17:15 - 17:55	DC Staff Legs, Bums & Tums	Club Room (Sports Centre)	Nathaniel
18:00 - 18:45	Barre	Exercise Studio (Sports Centre)	Paula
18:55 - 19:45	Pilates (All welcome)	Exercise Studio (Sports Centre)	Paula
19:30 - 20:30	Boxing Class	Club Room (Sports Centre)	Kwame
19:55 - 20:25	Legs Bums Tums & Stretch	Exercise Studio (Sports Centre)	Paula