Exercise Classes

Dulwich College Sports Club

Accurate as of 23/11/2026

Times for Wednesday 25 November

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