Exercise Classes

Dulwich College Sports Club

Accurate as of 23/11/2026

Times for Thursday 26 November

Time	Session	Facility	Instructor
08:00 - 08:45	Morning Yoga (Beg /Gen)	Trevor Bailey SG Hall	Zaira
09:05 - 10:00	Core Conditioning	Squash Courts (TBSG)	Nathaniel
09:05 - 10:05	Power Pilates	Trevor Bailey SG Hall	Zaira
10:15 - 11:15	Zumba Gold	Trevor Bailey SG Hall	Zaira
13:30 - 14:10	DC Staff Pilates	Club Room (Sports Centre)	Zaira
18:00 - 18:50	Pilates Core Express	Club Room (Sports Centre)	Paula
18:45 - 19:30	Aqua Fit	Indoor Pool (25.0m)	Carol/Alison
19:00 - 19:50	Stretch Flow	Club Room (Sports Centre)	Paula
20:00 - 20:45	Boxing Class	Club Room (Sports Centre)	Kwame