Exercise Classes

Dulwich College Sports Club

Accurate as of 23/11/2026

Times for Friday 27 November

Time	Session	Facility	Instructor
08:00 - 08:55	BodyBlast Conditioning	Trevor Bailey SG Hall	Nathaniel
09:00 - 09:55	Strength Reform	Squash Courts (TBSG)	Omar
09:05 - 10:00	Pilates (Beg/General)	Trevor Bailey SG Hall	Zaira
10:15 - 11:15	Pilates (Intermediate)	Trevor Bailey SG Hall	Zaira
11:20 - 12:00	Mindfullness	Trevor Bailey SG Hall	Zaira