

Spin Studio

Dulwich College Sports Club

Accurate as of 06/11/2025

Times for Tuesday 11 November



Time	Session	Instructor	Type
07:00 - 07:45	The Trip	Virtual Instructor	Cardio
12:15 - 12:45	DC Staff Spin	Virtual Instructor	Cycling Studio
15:15 - 15:45	DC Staff Spin	Virtual Instructor	Cycling Studio
17:00 - 17:45	DC Staff - The Trip	Virtual Instructor	Cardio
18:00 - 18:45	Energize Cycle	Cassandra	Cycling Studio
19:00 - 19:45	The Trip	Virtual Instructor	Cardio
20:30 - 21:00	Sprint	Virtual Instructor	Cardio