

# Spin Studio

## Dulwich College Sports Club

Accurate as of 06/11/2025

### Times for Wednesday 12 November



Time	Session	Instructor	Type
06:45 - 07:30	Cyclist's Session (Adv)	Bruno	Conditioning
12:15 - 12:45	DC Staff Spin	Virtual Instructor	Cycling Studio
13:15 - 13:45	DC Staff Spin	Virtual Instructor	Cycling Studio
17:15 - 17:45	DC Staff Spin	Claudia	Cycling Studio
18:00 - 18:45	Midweek Medley	Claudia	Cycling Studio
19:00 - 20:00	BodyBlast Cycle	Nathaniel	Cardio
20:00 - 20:45	Beginner's Club	Omar	Cycling Studio
21:00 - 21:30	Sprint	Virtual Instructor	Cardio