

Spin Studio

Dulwich College Sports Club

Accurate as of 07/12/2025

Times for Thursday 13 November



Time	Session	Instructor	Type
06:45 - 07:20	Early Bird Cycle	Virtual Instructor	Cycling Studio
07:30 - 08:00	Sprint	Virtual Instructor	Cardio
12:15 - 12:45	Lunchtime Ride	Claudia	Cycling Studio
16:15 - 17:00	DC Staff - The Trip	Virtual Instructor	Cardio
18:00 - 18:30	Sprint	Virtual Instructor	Cardio
19:00 - 19:30	BodyBlast Cycle	Nathaniel	Cardio
20:30 - 21:15	The Trip	Virtual Instructor	Cardio