

# Spin Studio

## Dulwich College Sports Club

Accurate as of 07/12/2025

### Times for Friday 14 November



Time	Session	Instructor	Type
07:00 - 07:45	DC Cycling Squad	Mr Brown	Conditioning
12:15 - 12:45	DC Staff Spin	Virtual Instructor	Cycling Studio
13:15 - 13:45	DC Staff Spin	Virtual Instructor	Cycling Studio
15:15 - 15:45	DC Staff Spin	Virtual Instructor	Cycling Studio
16:00 - 16:30	DC Staff Spin	Virtual Instructor	Cycling Studio
18:15 - 19:00	TGIF Fun	Omar	Cycling Studio
19:20 - 20:20	Cyclist's Session (Adv)	Bruno	Conditioning
20:30 - 21:00	Beginner's Beats (Beg)	Virtual Instructor	Conditioning