

Spin Studio

Dulwich College Sports Club

Accurate as of 07/12/2025

Times for Sunday 16 November



Time	Session	Instructor	Type
09:45 - 10:15	Sprint	Virtual Instructor	Cardio
10:30 - 11:15	Sunday Ride	Omar	Cycling Studio
11:30 - 12:15	Rhythm Cycle	Omar	Cardio
12:30 - 13:00	Sprint	Virtual Instructor	Cardio
15:45 - 16:30	The Trip	Virtual Instructor	Cardio
17:30 - 18:15	The Trip	Virtual Instructor	Cardio
19:15 - 19:45	Sprint	Virtual Instructor	Cardio
20:00 - 20:45	The Trip	Virtual Instructor	Cardio