

Spin Studio

Dulwich College Sports Club

Accurate as of 12/06/2026

Times for Monday 15 June



| Time | Session | Instructor | Type |
|---------------|-------------------------|--------------------|----------------|
| 07:00 - 07:30 | Sprint | Virtual Instructor | Cardio |
| 12:15 - 12:45 | DC Staff Spin | Virtual Instructor | Cycling Studio |
| 13:30 - 14:00 | DC Staff Spin | Virtual Instructor | Cycling Studio |
| 16:15 - 16:45 | DC Staff Spin | Virtual Instructor | Cycling Studio |
| 17:00 - 17:30 | DC Boarders | Virtual Instructor | Conditioning |
| 17:50 - 18:35 | The Trip | Virtual Instructor | Cardio |
| 18:45 - 19:45 | Cyclist's Session (Adv) | Bruno | Conditioning |
| 20:00 - 20:45 | The Trip | Virtual Instructor | Cardio |
| 21:00 - 21:30 | Sprint | Virtual Instructor | Cardio |