

Spin Studio

Dulwich College Sports Club

Accurate as of 12/06/2026

Times for Tuesday 16 June



| Time | Session | Instructor | Type |
|---------------|---------------------|--------------------|----------------|
| 07:00 - 07:45 | The Trip | Virtual Instructor | Cardio |
| 12:15 - 12:45 | DC Staff Spin | Virtual Instructor | Cycling Studio |
| 15:15 - 15:45 | DC Staff Spin | Virtual Instructor | Cycling Studio |
| 17:00 - 17:45 | DC Staff - The Trip | Virtual Instructor | Cardio |
| 18:00 - 18:45 | Energize Cycle | Cassandra | Cycling Studio |
| 19:00 - 19:45 | The Trip | Virtual Instructor | Cardio |
| 20:30 - 21:00 | Sprint | Virtual Instructor | Cardio |