

Spin Studio

Dulwich College Sports Club

Accurate as of 25/08/2026

Times for Tuesday 11 August				
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	