

Spin Studio

Dulwich College Sports Club

Accurate as of 23/09/2026

Times for Friday 11 September				
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	
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	