

# Spin Studio

## Dulwich College Sports Club

Accurate as of 23/09/2026

### Times for Monday 14 September



| 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         |