

Spin Studio

Dulwich College Sports Club

Accurate as of 23/09/2026

Times for Wednesday 16 September				
Time	Session	Instructor	Type	
07:00 - 07:45	Cyclist's Session (Adv)	Bruno	Conditioning	
07:30 - 08:00	Sprint	Virtual Instructor	Cardio	
12:15 - 12:45	DC Staff Spin	Virtual Instructor	Cycling Studio	
13:15 - 13:45	DC Staff Spin	Virtual Instructor	Cycling Studio	
17:15 - 17:45	DC Staff Spin	Claudia	Cycling Studio	
18:00 - 18:45	Midweek Medley	Claudia	Cycling Studio	
19:00 - 20:00	BodyBlast Cycle	Nathaniel	Cardio	
20:00 - 20:45	Beginner's Club	Omar	Cycling Studio	
21:00 - 21:30	Sprint	Virtual Instructor	Cardio	