

DULWICH COLLEGE

THE SPORTS CLUB

get fit, have fun, meet people

FREE WITH CLASS PASS

1 SEPTEMBER TO 16 DECEMBER



Monday							
Time	Class	Teacher	Venue	Class Pass	Member	Non Member	
09:05 to 10:05	● Body Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00	
10:15 to 11:15	◆ Corumba	Imelda	TBSG Hall	Included	£5.00	£8.00	
17:30 to 18:30	◆ DC Staff Only Zumba	Zaira	Club Room	Included	£5.00	Staff Only	
18:00 to 21:00	■ Squash Club Night	Gary S	TBSG Hall	Included	FREE	N/A	
19:00 to 21:00	■ Freedom Football	Duty Manager	Main Astro	Included	£3.00	£5.00	
19:30 to 22:00	■ Badminton Club Night	Gary D	Sports Hall	Included	FREE	N/A	
20:20 to 21:20	● S & C Circuits	Stephen	Exercise Studio	Included	£5.00	£8.00	
Tuesday							
9:10 to 10:10	◆ Zumba	Zaira	TBSG Hall	Included	£5.00	£8.00	
10:15 to 11:15	▲ Pilates (Beginner/General)	Zaira	TBSG Hall	Included	£6.00	£9.00	
20:05 to 21:05	◆ Zumba	Zaira	Club Room	Included	£5.00	£8.00	
Wednesday							
09:05 to 10:05	● Body Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00	
10:15 to 11:15	◆ Zumba	Vikki	TBSG Hall	Included	£5.00	£8.00	
10:15 to 11:15	● Power Walking	Imelda	TBSG Lounge	Included	£5.00	£8.00	
13:20 to 14:00	▲ DC Staff Only Pilates	Brigit	Club Room	Included	£5.00	Staff Only	
18:20 to 19:20	▲ Pilates		TBSG Hall	Included	£6.00	£9.00	
19:00 to 20:00	● Barbell Fitness	Daniel	Sports Hall	Included	£5.00	£8.00	
19:00 to 20:15	▲ Yoga (Mixed)	Mark	Club Room	Included	£6.00	£9.00	
19:15 to 20:00	~ Aqua Zumba	Keziah	Pool	Included	£5.00	£8.00	
20:15 to 21:15	● Circuits	Daniel	Exercise Studio	Included	£5.00	£8.00	
Thursday							
09:05 to 10:05	● Cardio Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00	
17:30 to 18:30	● DC Staff Only Body Conditioning	Andrea	Exercise Studio	Included	£5.00	Staff Only	
Friday							
09:05 to 10:05	● Body Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00	
10:15 to 11:15	● Power Walking	Imelda	TBSG Lounge	Included	£5.00	£8.00	
18:00 to 21:00	■ Table Tennis Club Night	Duty Manager	Club Room	Included	FREE	N/A	
Saturday							
09:05 to 10:05	◆ Zumba	Kate	Exercise Studio	Included	£5.00	£8.00	
Sunday							
09:00 to 11:30	■ No Strings Badminton	Dung	Sports Hall	Included	FREE	£5.00	
11:00 to 12:00	◆ Zumba	Zaira	Exercise Studio	Included	£5.00	£8.00	

▲ Wellbeing ● Train ■ Sports ◆ Dance ~ Swim

CLASS PASS TERMS & CONDITIONS:

- Class Pass is available as an add-on category for existing members only.
- There are no classes during the month of August and therefore no payment is taken.
- External hirer classes (not listed above) are not included in the Class Pass programme.
- Please see Class Pass Application Form for full T&Cs.
- Freedom Football is now included in Class Pass but may also be paid for monthly by Freedom Football Direct Debit. Please see Reception for more details.



ASK ABOUT CLASS PASS

*Unlimited Sports Club
classes for just £23.50*