

## Exercise Class Guide

### Online Live Timetables

The class programme is detailed on the website. The live timetable is updated wherever there are class cancellations, venue changes or cover instructors, so do check it before booking/attending.

### Class Break

There are 3 breaks in the class programme: 2 weeks over Easter and 2 weeks over Christmas, then the calendar month of August. The rationale for this is detailed on the website.

### Advance Booking

It is essential to book online for all classes. Connect via the website or download the iScuba app to your device. When you visit for the first time, simply click 'Login/Register' then 'Forgotten Password'. Please remember to cancel any unwanted bookings at least 4 hours prior to the class. Failure to do so, or failure to attend will result in a £3 penalty fee. This is designed to discourage casual booking.

### Member's Guests

Members are welcome to bring guests. Guests should be booked in via Reception and a guest fee is payable. Guest vouchers may be used for this purpose.

### Register on Arrival

Please arrive at your class 5-10 minutes before the start time in order to register your attendance with the instructor. Failure to register may result in a penalty fee as detailed above. Don't forget to wear suitable clothing and bring a water bottle.

### Non-Members

All classes are free to members. Non-members are welcome but must first register for an Activity Access Card (£10 registration fee). Classes can then be booked and paid for online.

### Trevor Bailey Sports Ground (TBSG) Hall

This is located on Dulwich Common opposite the stables, SE21 7HA. Free parking is available.

### Spin Studio

It's a good idea to include some Spin Studio sessions in your training programme. Please see the separate leaflet for full details.

Please email [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk) with any class related queries.

**Enjoy your exercise class!**



DULWICH COLLEGE SPORTS CLUB

London, SE21 7LD

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Web: [www.dsportsclub.co.uk](http://www.dsportsclub.co.uk)

DULWICH COLLEGE  
THE SPORTS CLUB  
*get fit, have fun, meet people*

Junior Members  
age 14+  
may attend  
Exercise Classes



## Exercise Class & Activity Programme

2 January 28 March 2024

## Exercise Class & Activity Programme: 2 January to 28 March 2024

| Monday        |   |                                   |           |                 |        |
|---------------|---|-----------------------------------|-----------|-----------------|--------|
|               |   |                                   | Teacher   | Venue           | A Card |
| 08:00 - 08:45 | ▲ | Morning Yoga (Beg/Gen)            | Zaira     | TBSG Hall       | £10    |
| 09:05 - 10:05 | ● | Body Conditioning                 | Imelda    | TBSG Hall       | £12    |
| 10:15 - 11:15 | ● | Body Conditioning                 | Imelda    | TBSG Hall       | £12    |
| 18:00 - 21:00 | ■ | Squash Club Night                 | Gary S    | Squash Courts   | N/A    |
| 19:00 - 19:45 | ● | Bodyblast Conditioning            | Nathaniel | Club Room       | £10    |
| 19:30 - 22:00 | ■ | Badminton Club Night 1            | Gary D    | Sports Hall     | N/A    |
| Tuesday       |   |                                   |           |                 |        |
| 09:05 - 10:00 | ● | Bodyblast Step                    | Nathaniel | Squash Court 1  | £12    |
| 09:05 - 10:00 | ◆ | Dance Fitness                     | Zaira     | TBSG Hall       | £12    |
| 10:15 - 11:15 | ▲ | Pilates General<br>(All levels)   | Zaira     | TBSG Hall       | £12    |
| 17:15 - 18:00 | ◆ | DC Body Conditioning <sup>1</sup> | Paula     | Club Room       | N/A    |
| 18:15 - 19:00 | ● | Barre                             | Paula     | Exercise Studio | £10    |
| 19:15 - 20:15 | ▲ | Pilates (All welcome)             | Paula     | Exercise Studio | £12    |
| 19:00 - 20:00 | ● | Boxing                            | Kwame     | Club Room       | £12    |
| Wednesday     |   |                                   |           |                 |        |
| 08:00 - 08:55 | ● | Cross Hiit                        | Omar      | TBSG Hall       | £12    |
| 09:05 - 10:05 | ● | Bodyblast Conditioning            | Nathaniel | TBSG Hall       | £12    |
| 10:15 - 11:15 | ◆ | Zumba                             | Zaira     | TBSG Hall       | £12    |
| 13:30 - 14:10 | ▲ | DC Staff Pilates <sup>1</sup>     | Zaira     | Club Room       | N/A    |
| 17:15 - 18:00 | ▲ | DC Staff Yoga <sup>1</sup>        | Paula     | Club Room       | N/A    |
| 18:15 - 19:15 | ▲ | Yoga                              | Paula     | Club Room       | £12    |
| 20:00 - 22:00 | ■ | Badminton Club Night 2            | Rob       | Sports Hall     | N/A    |
| Thursday      |   |                                   |           |                 |        |
| 08:00 - 08:45 | ▲ | Yoga                              | Zaira     | TBSG Hall       | £10    |
| 09:05 - 10:00 | ● | Core Conditioning                 | Nathaniel | Squash Court 1  | £12    |

| Thursday continued |   |                                   |              |                 |     |
|--------------------|---|-----------------------------------|--------------|-----------------|-----|
| 09:05 - 10:05      | ▲ | Pilates (All)                     | Zaira        | TBSG Hall       | £12 |
| 10:15 - 11:15      | ◆ | Zumba Gold                        | Zaira        | TBSG Hall       | £12 |
| 18:00 - 18:30      | ▲ | Core Express                      | Paula        | Club Room       | £8  |
| 18:30 - 19:30      | ▲ | Stretch Flow                      | Paula        | Club Room       | £12 |
| 18:45 - 19:30      | ~ | Aquafit                           | Carol/Alison | Pool            | £10 |
| 19:30 - 20:15      | ● | Boxing                            | Kwame        | Club Room       | £10 |
| Friday             |   |                                   |              |                 |     |
| 08:00 - 08:55      | ● | Bodyblast Conditioning            | Nathaniel    | TBSG Hall       | £12 |
| 09:00 - 09:55      | ● | Strength Reform                   | Omar         | Squash Court 1  | £12 |
| 09:05 - 10:00      | ▲ | Pilates (Beginner)                | Zaira        | TBSG Hall       | £12 |
| 10:15 - 11:15      | ▲ | Pilates (Intermediate)            | Zaira        | TBSG Hall       | £12 |
| 18:30 - 20:00      | ■ | Bookable Table Tennis             | Duty Manager | Club Room       | N/A |
| 20:00 to 22:00     | ■ | Table Tennis Club Night           | Duty Manager | Club Room       | N/A |
| Saturday           |   |                                   |              |                 |     |
| 09:00 - 09:55      | ◆ | Zumba                             | Kate         | Exercise Studio | £12 |
| 12:00 - 13:00      | ▲ | MyKindaYoga                       | Alison B     | Club Room       | £12 |
| 14:00 - 15:00      | ● | Boxing                            | Kwame        | Club Room       | £12 |
| 17:00 to 18:00     | ■ | Pickleball Club Night             | Duty Manager | Sports Hall     | N/A |
| Sunday             |   |                                   |              |                 |     |
| 09:00 - 09:55      | ◆ | The Cardio DanceFit Method®       | Paulette     | Exercise Studio | £12 |
| 09:00 - 11:30      | ■ | No Strings Badminton              | Kris         | Sports Hall     | £12 |
| 09:30 - 11:00      | ■ | Bookable Table Tennis             | Duty Manager | Club Room       | N/A |
| 10:10 - 11:00      | ● | Legs Bums Tums Method (mat based) | Paulette     | Exercise Studio | £12 |
| 11:10 - 12:00      | ◆ | Dance Method                      | Paulette     | Exercise Studio | £12 |
| 18:00 - 20:00      | ■ | Basketball Club Night             | Duty Manager | Sports Hall     | N/A |

NEW CLASS

### NOTES:

<sup>1</sup> "DC Staff Only" classes run during College term time only.

Classes must be booked in advance online or by telephone.

Non-members must register for an A Card to book.

There are no classes during August and a 2 week break at Easter and Christmas.

For the latest programme details, please see the website timetable.

▲ Wellbeing ● Train ■ Sports ◆ Dance ~ Pool 🚫 No Juniors