

## 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.

### 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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Email: [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk)

Web: [www.dcsportsclub.co.uk](http://www.dcsportsclub.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

1 September to 15 December 2023

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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 (All levels)	Zaira	TBSG Hall	£12
17:15 - 18:00	◆	DC Body Conditioning <sup>1</sup>	Paula	Club Room	N/A
18:00 - 18:45	●	Barre	Paula	Exercise Studio	£10
19:00 - 20:00	▲	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 - 19:00	▲	Stretch Flow	Paula	Club Room	£12
18:45 - 19:30	~	Aquafit	Carol/Alison	Pool	£10
19:15 - 20:00	●	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

### 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