

## 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.

### Cycling Studio

It's a good idea to include some Cycling 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

Telephone: 020 8299 9292

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

17 April to 31 July 2023

## Exercise Class & Activity Programme: 17 April - 31 July 2023

Monday						
			Teacher	Venue	A Card	Bookable
08:00 - 08:45	▲	Morning Yoga (Beg/Gen)	Zaira	TBSG Hall	£10	Yes
09:00 - 10:00	▲	Stretch Flow	Paula	Squash Ct 1	£10	Yes
09:05 - 10:05	●	Body Conditioning	Imelda	TBSG Hall	£10	Yes
10:15 - 11:15	●	Body Conditioning	Imelda	TBSG Hall	£10	Yes
17:15 - 18:10	◆	DC Staff Zumba <sup>1</sup>	Zaira	Club Room	N/A	Yes
18:00 - 21:00	■	Squash Club Night	Gary S	Squash Cts	N/A	No
19:00 - 19:45	●	Bodyblast Conditioning	Nathaniel	Club Room	£10	Yes
19:30 - 22:00	■	Badminton Club Night 1	Gary D	Sports Hall	N/A	No
Tuesday						
09:05 - 10:00	●	Bodyblast Cardio	Nathaniel	Squash Ct 1	£10	Yes
09:05 - 09:55	◆	Dance Fitness	Zaira	TBSG Hall	£10	Yes
10:15 - 11:15	▲	Pilates General (All levels)	Zaira	TBSG Hall	£10	Yes
18:00 - 18:45	●	Barre	Paula	Ex Studio	£10	Yes
19:00 - 20:00	▲	Pilates (All welcome)	Paula	Ex Studio	£10	Yes
Wednesday						
08:00 - 08:55	●	Cross Hiit	Omar	TBSG Hall	£10	Yes
09:05 - 10:05	●	Bodyblast Conditioning	Nathaniel	TBSG Hall	£10	Yes
10:15 - 11:15	◆	Zumba	Zaira	TBSG Hall	£10	Yes
13:20 - 14:00	▲	DC Staff Pilates <sup>1</sup>	Zaira	Club Room	N/A	Yes
17:15 - 18:00	▲	DC Staff Yoga <sup>1</sup>	Zaira	Club Room	£10	Yes
18:15 - 19:15	▲	Yoga (Mixed)	Paula	Club Room	£10	Yes
18:20 - 19:20	▲	Pilates General (All levels)	Zaira	TBSG Hall	£10	Yes
19:30 - 22:00	■	Badminton Club Night 2	Rob	Sports Hall	N/A	No

Thursday						
09:05 - 10:00	●	Core Conditioning	Nathaniel	Squash Ct 1	£10	Yes
09:00 - 10:00	▲	Yoga	Paula	TBSG Hall	£10	Yes
10:15 - 11:15	◆	Zumba Gold	Zaira	TBSG Hall	£10	Yes
18:00 - 19:00	▲	Stretch Flow	Paula	Club Room	£10	Yes
18:45 - 19:30	~	Aquafit	Carol	Pool	£8	Yes
19:15 - 20:00	●	Boxing	Kwame	Club Room	£8	Yes
Friday						
08:00 - 08:55	●	Bodyblast Conditioning	Nathaniel	TBSG Hall	£10	Yes
09:00 - 09:55	●	Strength Reform	Omar	Squash Ct 1	£10	Yes
09:05 - 10:00	▲	Pilates (Beginner)	Zaira	TBSG Hall	£10	Yes
10:15 - 11:15	▲	Pilates (Intermediate)	Zaira	TBSG Hall	£10	Yes
20:00 to 22:00	■	Table Tennis Club Night	Duty Manager	Club Room	N/A	Yes
Saturday						
09:00 - 09:55	◆	Zumba	Kate	Ex Studio	£10	Yes
12:00 - 12:45	▲	MyKindaYoga	Alison B	Club Room	£10	Yes
14:00 - 15:00	●	Boxing	Kwame	Club Room	£10	Yes
17:00 to 18:00	■	Pickleball Club Night	Duty Manager	Sports Hall	N/A	No
Sunday						
09:00 - 09:55	◆	The Cardio DanceFit Method®	Paulette	Ex Studio	£10	Yes
09:00 - 11:30	■	No Strings Badminton	Kris	Sports Hall	£5	Yes
10:10 - 11:00	●	Legs Bums Tums Method (mat based)	Paulette	Ex Studio	£10	Yes
11:10 - 12:00	◆	Dance Method	Paulette	Ex Studio	£10	Yes
18:00 - 20:00	■	Basketball Club Night	Duty Manager	Sports Hall	N/A	Yes

### NOTES:

1 "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

NEW CLASS