

IMPORTANT

PLEASE NOTE THAT THE AUGUST CLASS PROGRAMME ARE OPTIONAL EXTRAS NOT INCLUDED IN MEMBERSHIP FEES.

THE INSTRUCTOR SHOULD BE PAID DIRECTLY. NO CHANGE WILL BE GIVEN.

THESE CLASSES DO NOT APPEAR ON THE CLUB BOOKING SYSTEM.

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.

Please email sportsclub@dulwich.org.uk with any class related queries.

Enjoy your exercise class!

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

Junior Members
age 14+
may attend
Exercise Classes



Summer Holiday Exercise Class & Activity Programme

31 July to 31 August 2023



DULWICH COLLEGE SPORTS CLUB
London, SE21 7LD
Telephone: 020 8299 9292
Email: sportsclub@dulwich.org.uk
Web: www.dcsportsclub.co.uk

Summer Holiday Exercise Class & Activity Programme: 31 July - 31 August 2023

Day	Monday	Teacher	Venue	Price (Members & A Card)	Date From	Date To	Exclusion Dates	Remarks
Monday	08:00 -09:00	Circuit Training	Omar	Pitch 11	£99/course	7 Aug	28 Aug	1 session PAYG £10
Monday	09:00 - 10:00	BodyBlast Combo	Nathaniel	Pitch 11	£40/course	31 July	7 Aug	1 session PAYG £10
Tuesday	09:00 - 10:00	Stretch & Strength	Omar	Pitch 11	£99/course	1 Aug	29 Aug	1 session PAYG £10
Tuesday	18:00 - 20:00	Cycle The Journey	Omar	Cycling Studio	£99/course	1 Aug	29 Aug	1 session PAYG £10
Tuesday	19:00 - 19:45	Pump & Pedal	Clide	Cycling Studio	No charge	1 Aug	22 Aug	29 Aug
Wednesday	08:00 - 09:00	Cross Hiit	Omar	Pitch 11	£99/course	1 Aug	29 Aug	1 session PAYG £10
Wednesday	09:00 - 10:00	Bodyblast Combo	Nathaniel	Pitch 11	£40/course	31 July	9 Aug	1 session PAYG £10
Wednesday	20:00 - 21:00	Cycle The Journey	Omar	Cycling Studio	£99/course	2 Aug	30 Aug	1 session PAYG £10
Thursday	09:00 -10:00	Mobility Flex	Omar	Pitch 11	£99/course	3 Aug	31 Aug	1 session PAYG £10
Thursday	18:45 - 19:30	Aquafit	Carol	Swimming Pool	£8	3 Aug	31 Aug	On demand. Please use WhatsApp Group number 07850 108 732
Thursday	19:15 - 20:00	Boxing	Kwame	Club Room	£10	17 Aug	24 Aug	3, 10 & 31 Aug
Friday	09:00 - 10:00	Bodyblast Combo	Nathaniel	Pitch 11	£40/course	31 July	11 Aug	1 session PAYG £10
Friday	09:00 - 10:00	Cycle The Journey	Omar	Cycling Studio	£99/course	4 Aug	25 Aug	1 session PAYG £10
Friday	18:00 -19:00	Strength Reform	Omar	Pitch 11	£99/course	4 Aug	25 Aug	1 session PAYG £10
Saturday	09:15 -10:00	Pump & Pedal	Clide	Cycling Studio	No charge	5 Aug	19 Aug	26 Aug
Saturday	12:00 - 13:00	My Kinda Yoga	Alison	Club Room	£10	5 Aug	26 Aug	
Saturday	14:00 - 14:45	Boxing	Kwame	Club Room	£10	19 Aug	26 Aug	5 & 12 Aug
Sunday	09:00 - 09:55	The Cardio Dance Fit Method®	Paulette	Exercise Studio	£5	6 Aug	27 Aug	
Sunday	10:10 - 11:00	Legs Bums Tums Method®	Paulette	Exercise Studio	£5	6 Aug	27 Aug	
Sunday	11:10 - 12:00	Dance Method®	Paulette	Exercise Studio	£5	6 Aug	27 Aug	