

# DULWICH COLLEGE

## THE SPORTS CLUB

# FREE WITH CLASS PASS

## 2 SEPTEMBER TO 18 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	Ex 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 (Beg/General)	Victoria	TBSG Hall	Included	£6.00	£9.00	
10:15 to 11:15	DC Running Club	<b>NEW CLASS</b> Andrea	TBSG Lounge	Included	£5.00	£8.00	
20:20 to 21:20	Zumba	Kate	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	Victoria	Club Room	Included	£5.00	Staff Only	
18:20 to 19:20	Pilates	Victoria	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	Ex Studio	Included	£5.00	£8.00	
Thursday							
09:05 to 10:05	Cardio Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00	
17:15 to 18:15	DC Staff Only Body Conditioning	Andrea	Club Room	Included	£5.00	Staff Only	
19:00 to 20:00	DC Running Club	<b>NEW CLASS</b> Andrea	Sports Cub Reception	Included	£5.00	£8.00	
18:00 to 20:00	No Strings Badminton	Wayne	Sports Hall	Included	FREE	£5.00	
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	Ex Studio	Included	£5.00	£8.00	
Sunday							
09:00 to 12:00	No Strings Badminton	Dung	Sports Hall	Included	FREE	£5.00	
11:00 to 12:00	Zumba	Zaira	Ex 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 £23.00*