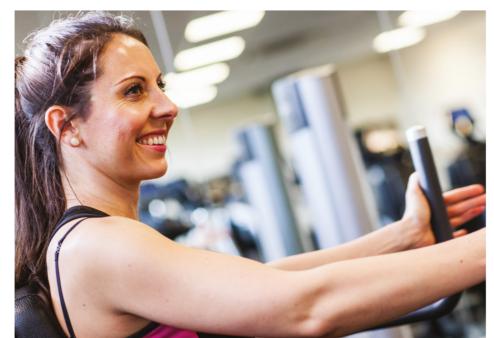
DULWICH COLLEGE

THE SPORTS CLUB

get fit, have fun, meet people

FREE WITH CLASS PASS

1 SEPTEMBER - 15 DECEMBER 2017









	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
	Tuesday							
NEW CLASS	07:00 to 07:30		HIIT Cardio	Imelda	Exercise Studio	Included	£3.00	£5.00
	09:10 to 10:10		Zumba	Zaira	TBSG Hall	Included	£5.00	£8.00
	10:15 to 11:15		Pilates (Beginner/General)	Zaira	TBSG Hall	Included	£6.00	£9.00
NEW CLASS	18:00 to 19:00		Salsa Aerobics	Orlene	Club Room	Included	£5.00	£6.00
	Wednesday							
	09:05 to 10:05		Body Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00
	10:15 to 11:15		Zumba	Zaira	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	Zaira	Club Room	Included	£5.00	Staff Only
	17:30 to 18:30		DC Staff Only Body Conditioning	Andrea	Exercise Studio	Included	£5.00	Staff Only
	18:20 to 19:20		Pilates	Zaira	TBSG Hall	Included	£6.00	£9.00
	19:00 to 20:00		Barbell Fitness	Daniel	Free Weights Room	Included	£5.00	£8.00
	19:15 to 20:00	~	Aqua Zumba	Keziah	Pool	Included	£5.00	£8.00
	19:30 to 20:45		Yoga (Mixed)	Mark	TBSG Hall	Included	£6.00	£9.00
	Thursday							
	09:05 to 10:05		Cardio Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00
	Friday							
NEW CLASS	07:00 to 08:00		Rise and Shine	Giulia	Exercise Studio	Included	£5.00	£8.00
	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
	10:15 to11:15		Pilates (All welcome)	Zaira	TBSG Hall	Included	£6.00	£9.00
	19:30 to 22:00		Table Tennis Club Night	Duty Manager	Club Room	Included	FREE	N/A
	Saturday	_						
	09:05 to 10:05		Zumba	Kate	Exercise Studio	Included	£5.00	£8.00
	Sunday							
	09:00 to 11:30		No Strings Badminton	Dung	Sports Hall	Included	FREE	£5.00
NEW CLASS	11:00 to 12:00		Salsa Aerobics	Orlene	Exercise Studio	Included	£5.00	£8.00

Wellbeing

Train

Sports

Dance





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 £,23.50