

# 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

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
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
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### Friday

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 to 11:15	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
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### Sunday

09:00 to 11:30	No Strings Badminton	Dung	Sports Hall	Included	FREE	£5.00
11:00 to 12:00	Salsa Aerobics	Orlene	Exercise 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 £23.50*