

Get Fit, Have fun & Meet People

CYCLING STUDIO GUIDE

How to get the most out of your Cycling Studio experience

FIRST & FOREMOST – indoor cycling (often referred to as 'Spin') classes are for everyone. You set your own level of resistance. The Instructors are well trained and helpful. Don't be afraid, give it a go.

It is essential to book in advance at Reception or online for ALL cycling classes. If you require an online booking password, please email sportsclub@dulwich.org.uk.

Non-members are welcome, but must register for an Activity Access Card, (£10 registration fee) in order to book online for cycling, exercise classes, squash, tennis and badminton.

ALWAYS CHECK IN AT RECEPTION PRIOR TO YOUR CYCLING CLASS

Checking in proves that you attended. We aim to minimise no-shows, so failure to check-in may result in a no-show penalty fee of £3.

Wear strong trainers or even better mountain bike cycling shoes (cleats) which have a recessed clip. (Note: Road bike cleats are not compatible as they are unsuitable for the indoor flooring.)

Please bring a towel (as you will sweat) & full water bottle. Drink plenty of water.

Arrive 5 minutes before your class to allow time to set up your bike. Instructors will show you how to adjust your bike and get comfortable. If it's your first class, please don't climb on a bike until told to do so.

If you are attending a Les Mills Big Screen (virtual instructor) session, it will begin automatically at the published time - screen, projector, lights, music, action! Your instructors are there on the screen. However, Sports Club staff will be happy to assist you if needed, just ask at Reception. For safety reasons, a minimum of 2 participants are required for Big Screen classes.

HYGIENE: PLEASE ALWAYS WIPE DOWN YOUR BIKE AND SURROUNDING AREA AFTER YOUR CLASS

Cleaning materials are provided.

You may wish to download the free "Keiser M Series" individual app from your app store to monitor your session performance. This app connects to any Keiser bike by Bluetooth. This data can be exported to your personal fitness app.

Indoor Cycling is a highly efficient & low-impact way to make massive fitness gains in an environment of fun, great music and group energy. We hope you enjoy it!



DULWICH COLLEGE SPORTS CLUB

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DULWICH COLLEGE
THE SPORTS CLUB














Cycling Studio



Junior members
aged 11+ may attend all
except 'Advanced' classes

Cycling Studio Programme

3 January - 31 March 2023

Cycling Class Programme: 3 January - 31 March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:30 Sprint (Les Mills)	7:00 - 7:45 The Trip (Les Mills)	7:30 - 8:00 Sprint (Les Mills)	7:00 - 7:45 Cyclist Session (Bruno) 	7:00 - 7:45 DC Squad Session (Mr Brown)	9:15 - 10:00 Pump & Pedal (Clide) 	9:45 - 10:15 Sprint (Les Mills)
					10:15 - 11:00 Beginner's Club (Omar) 	10:30 - 11:15 Sunday Ride (Omar) 
					11:15 - 12:00 Saturday Ride (Omar)	11:30 - 12:15 Rhythm Cycle (Omar)
12:15 - 12:45 Staff Sprint (Les Mills)	12:15 - 12:45 Staff Sprint (Les Mills)	12:15 - 12:45 Staff Sprint (Les Mills)	12:15 - 12:45 Lunchtime Ride (Claudia)	12:15 - 12:45 Staff Sprint (Les Mills)		12:30 - 13:00 Sprint (Les Mills)
13:30 - 14:00 Staff Sprint (Les Mills)		13:15 - 13:45 Staff Sprint (Les Mills)		13:15 - 13:45 Staff Sprint (Les Mills)	14:30 - 15:15 The Trip (Les Mills)	
16:15 - 16:45 Staff Sprint (Les Mills)	15:15 - 15:45 Staff Sprint (Catering) (Les Mills)	16:15 - 16:45 Staff Sprint (Les Mills)	16:15 - 17:00 Staff The Trip (Les Mills)	15:15 - 15:45 Staff Sprint (Catering) (Les Mills)		15:45 - 16:30 The Trip (Les Mills)
17:50 - 18:35 The Trip (Les Mills)	17:15 - 17:45 Staff Sprint (Les Mills)	18:00 - 18:45 Midweek Medley (Claudia)	18:00 - 18:45 Sprint (Les Mills)	16:00 - 16:30 Staff Sprint (Les Mills)		16:45 - 17:15 Beginners Induction (Zach) 
18:45 - 19:45 Cyclist's Session (Bruno) 	18:00 - 18:45 Energize Cycle (Cassandra)	19:00 - 20:00 Bodyblast Abs Attack (Nathaniel) Combo Class	19:00 - 19:30 BodyBlast Cycle (Nathaniel)	18:00 - 18:45 TGIF Fun (Omar) 	17:00 - 17:30 Sprint (Les Mills)	17:30 - 18:15 Keiser Hills & Drills (Zach)
20:00 - 20:45 HiiT to the Beat (Gonzalo)	19:00 - 19:45 Pump & Pedal (Clide) 	20:00 - 20:45 Beginner's Club (Omar) 	19:45 - 20:15 Cycling Reggaeton (Anna) 	19:20 - 20:20 Cyclist's Session (Bruno) 		19:15 - 19:45 Sprint (Les Mills)
21:00 - 21:30 Sprint (Les Mills)	20:00 - 20:30 Cycle Sprint (Paula) 	21:00 - 21:30 Sprint (Les Mills)	20:45 - 21:30 The Trip (Les Mills)	20:30 - 21:00 Beginner Beats (Les Mills) 		20:00 - 20:45 The Trip (Les Mills)

Live Instructor	Les Mills Big Screen	Beginner Session	DC Staff Only Session	DC Student Session	Advanced Sessions 	Beginner Sessions 
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NOTES:

- Pre-booking is essential - see website for live timetable and online booking
- Instructor led classes are replaced by Les Mills Big Screen sessions during the Easter, Summer and Christmas class breaks
- Les Mills Big Screen Classes all year round, 2 participants minimum
- "Staff Only" Les Mills Big Screen sessions now run throughout College holidays

NON-MEMBERS:

Non-Members are welcome to participate after registering as an Activity Access Card (A Card) holder. Once only Registration Fee £10 (or £5 for DCSC hirer club customers)

PRICES:

Members **FREE** / Activity Access Card Holder **£10** (45 mins) and **£8** (30 mins)