




## Cycling Class Descriptions

Dulwich College Cycling Studio offers sessions suitable for everyone from complete beginners to experienced enthusiasts. Junior members aged 14+ are welcome to attend all sessions other than advanced classes 

Beginner Induction 	A complete introduction to indoor cycling covering safety, technique, cycle set up, gears, use of apps and studio etiquette
Beginner Session 	Gentle introduction sessions for those new to indoor cycling
Advanced Session 	Not suitable for novices or those starting their fitness programme
Keiser FTP Testing	Functional Threshold Power (FTP) testing is included in a number of the live instructor sessions. This provides a guide to your current fitness levels which ensures effective, customised workouts. Ask an instructor for more details

## Les Mills International Classes

Les Mills Big Screen Classes	Les Mills The Trip™, RPM™ & Sprint™ Virtual Instructor classes complement the live Instructor programme by bringing top international instructors to the club via multi-media presentations that are refreshed and re-invented every 3 months
The Trip™ Big Screen	The Trip™ is a fully immersive workout experience featuring 40-minute rides through digitally created worlds! The Trip™ takes motivation & energy output to the next level, burning serious calories
RPM™ & Beginner	Your virtual RPM instructor will guide you through a combination of flat riding, hills and sprints, a cardio boosting 50 minute session. Beginner sessions are a lower intensity and last for 30 minutes
Sprint™	Sprint™ is a 30-minute High Intensity Interval Training workout. The thrill comes from pushing your physical and mental limits. HIIT is scientifically proven to produce rapid results

## Freelance Classes

BodyBlast Cycle	Like working up a sweat? Then join qualified PT Nathaniel's fast-paced total body workout that will burn calories and tone muscles. Push those Quads, Hamstrings, Calves and Core to the max
Combo Session	Combining a Cycling Studio cardio session with a core fitness and flexibility class for the perfect all-round workout
Cycle Beats	Move your feet to the beat for a fantastic cardiovascular workout. Orlene focuses on using the engaging rhythms of infectious music to motivate you to complete the ultimate cardio workout
Cycle Express	Perfect for time-strapped adults of all ages and fitness levels. In this session, Orlene particularly caters for beginners wanting to improve their cardiovascular health and injury rehabilitation
Cyclist's Session	Led by ex-pro cyclist and top cycling coach Bruno Mahsouhdi, this session is aimed at cycling enthusiasts looking to improve technique as well as fitness
HiIT to the Beat	Focusing on the rhythm of the music with Gonzalo to energise, with the speed and resistance of high-intensity cycling while having fun on the saddle
Keiser Hills & Drills	A mixed ability session utilising the Keiser M Series Group App for performance data and fun challenges
Pump & Pedal	Traditional spinning style class incorporating speed and resistance work to the beat of music. Clide is an experienced, innovative and high-energy Instructor
Rhythm Cycle	Join Cassie for an exciting session that incorporates choreographed upper and lower body moves all to the rhythm of the music
Rise & Shine	Start your day with Paula's lively and fun morning class

Keiser 3i indoor cycles are renowned for their road bike feel, accuracy & durability. The displays provide accurate data on gearing, cadence (RPM), wattage output and (if a monitor is worn) heart rate. Download the free Keiser M Series app on your device and connect by Bluetooth to save and/or export your data.

**IMPORTANT:** Always seek professional medical advice before participating in any exercise programme if you are unsure that it is safe to do so.

# DULWICH COLLEGE Cycling Studio

FREE  
with Sports Club  
membership



## Cycling Studio Programme

6 January - 3 April 2020



## Cycling Class Programme: 6 January - 3 April 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>NEW TIME</b> 6:30 - 7:00 Staff Sprint (Big Screen)	<b>NEW</b> 6:20 - 6:50 RPM (Big Screen)	6:20 - 6:50 Sprint (Big Screen)	6:20 - 6:50 Pump & Pedal (Clide)	6:20 - 6:50 Sprint (Big Screen)		
7:15 - 7:45 Rise & Shine (Paula)	7:00 - 7:45 DC Cycling Squad (Mr Brown)	6:55 - 7:25 Family Fitness (11+) (Claudia)	7:00 - 7:45 DC Rowing Squad (Mr Brown)	7:00 - 7:45 The Trip (Charlotte)		
		7:30 - 8:00 Beginner Beats (Big Screen)				
					9:15 - 10:00 Pump & Pedal (Clide)	<b>NEW</b> 9:15 - 10:00 Hiit to the Beat (Gonzalo)
					10:15 - 11:00 Cycle Beats (Orlene)	10:00 - 10:30 Beginner Beats (Big Screen)
					11:10 - 11:55 Keiser Hills & Drilla (Imelda)	11:00 - 11:45 Rhythm Cycle (Cassie)
12:15 - 12:45 Staff Sprint (Big Screen)	<b>NEW</b> 12:45 - 13:15 Staff Sprint (Big Screen)	12:15 - 13:00 Staff The Trip (Big Screen)	12:15 - 12:45 Staff Sprint (Claudia)	12:15 - 13:00 Staff The Trip (Big Screen)	<b>NEW</b> 12:10-12:55 The Trip (Imelda)	<b>NEW</b> 12:00-12:30 Family Fitness (11+) (Big Screen)
13:30 - 14:00 Staff RPM (Big Screen)	13:30 - 14:00 Staff RPM (Big Screen)	13:15 - 13:45 Staff Sprint (Big Screen)	13:30 - 14:15 Staff The Trip (Big Screen)	<b>NEW</b> 13:30 - 14:00 Staff Beginner Session (Big Screen)	<b>NEW</b> 13:00 - 13:45 Family (11+) Combo Fitness (Anna)	<b>NEW</b> 12:45-13:15 Sprint (Big Screen)
					<b>NEW</b> 14:00 - 14:45 Girl Power Sprint & Stretch Combo (Anna) <b>LADIES ONLY</b>	14:00 - 14:50 RPM (Big Screen)
					14:45- 15:30 The Trip (Big Screen)	15:30 - 16:15 The Trip (Big Screen)
<b>NEW TIME</b> 16:45 - 17:15 Staff RPM (Cassie)	17:00 - 17:45 DC Boarders (Mr Delaney)	17:20 - 17:50 Staff 50+ RPM (Big Screen)	17:00 - 17:45 DC Boarders (Mr Delaney)	<b>NEW</b> 16:00 - 16:45 Staff The Trip (Big Screen)	16:00 - 16:30 RPM (Big Screen)	16:45 - 17:15 Beginner Induction (Zach)
17:25 - 17:55 Staff Sprint (Big Screen)	17:55 - 18:25 50+ RPM (Big Screen)	<b>LOW MUSIC SESSION</b> 18:00 - 18:30 Sprint (Anna)	18:15 - 18:45 BodyBlast Cycle (Nathaniel)	<b>NEW</b> 17:00 - 17:30 Staff Sprint (Big Screen)	17:00 - 17:30 Sprint (Big Screen)	17:30 - 18:00 Beginner Beats (Zach)
18:05 - 18:35 Sprint (Big Screen)	<b>NEW</b> 18:35-19:05 Combo Class (Paula) (19:10-19:40 Club Room)	18:40 - 19:10 Cycle Express (Orlene)	<b>NEW</b> 19:00 - 19:30 Sprint (Big Screen)	18:10 - 18:50 Beginner Beats (Big Screen)		18:15 - 19:00 Keiser Hills & Drills (Zach)
<b>NEW TIME</b> 18:40 - 19:25 The Trip (Imelda)	19:15 - 20:00 The Trip (Charlotte)	19:30 - 20:15 The Trip (Cassandra)	<b>NEW</b> 20:00 - 20:45 Hiit to the Beat (Gonzalo)	19:00 - 19:45 RPM (Cassie)		19:15 - 19:45 Sprint (Big Screen)
<b>NEW</b> 19:35 - 20:05 Beginner Beats (Big Screen) <b>FROM FEB 20 19:35-20:20</b> Cycle Stars (Bruno)	20:15 - 21:00 Pump & Pedal (Clide)	20:25 - 20:55 Beginner Induction (Omar)	21:00-21:30 Sprint (Big Screen)	<b>NEW</b> <b>FROM FEB 20</b> 19:55-20:55 Cycle Stars (Bruno)		<b>NEW</b> 20:00-20:45 The Trip (Big Screen)
<b>NEW TIME</b> 20:30 - 21:15 Hiit to the Beat (Gonzalo)	<b>NEW</b> 21:10-21:40 Sprint (Big Screen)	<b>NEW</b> 21:05-21:35 Sprint (Big Screen)				
<b>Live Instructor</b>	<b>Virtual Instructor</b>	<b>Beginner Session</b>	<b>DC Staff Only Session</b>	<b>DC Student Session</b>	<b>Advanced Sessions</b>	<b>Beginner Sessions</b>

### NOTES:

- Pre-booking is essential - see website for live timetable and online booking
- Big Screen Classes all year round, 2 participants minimum at virtual sessions
- Big Screen Instructor sessions will replace the Live Instructor sessions during the class breaks in the August, Easter & Christmas holidays
- "Staff Only" Big Screen sessions now run throughout College holidays

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)