




## 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 

<b>Beginner Induction</b> 	A complete introduction to indoor cycling covering safety, technique, cycle set up, gears, use of apps and studio etiquette
<b>Beginner Session</b> 	Gentle introduction sessions for those new to indoor cycling
<b>Advanced Session</b> 	Not suitable for novices or those starting their fitness programme
<b>Keiser FTP Testing</b>	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

<b>Les Mills Virtual Instructor Classes</b>	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
<b>The Trip™</b>	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
<b>RPM™ &amp; Beginner</b>	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
<b>Sprint™</b>	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

<b>BodyBlast Cycle</b>	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 & Core to the max
<b>Cycle Beats</b>	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
<b>Cycle Express</b>	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
<b>HiIT to the Beat</b>	Focusing on the rhythm of the music with Gonzalo to energise with the speed and resistance of high-intensity cycling while having fun in the saddle
<b>Hi Intensity &amp; Techniques Workout</b>	These sessions are designed to improve your technique and then push you to safe limits. Paula's classes are a unique experience
<b>Keiser Workout</b>	A mixed ability session utilising the Keiser M Series Group App for performance data and fun challenges
<b>Pump &amp; Pedal</b>	Traditional spinning style class incorporating speed and resistance work to the beat of music. Clide is an experienced, innovative & high-energy Instructor
<b>Rhythm Cycle</b>	Join Cassie for an exciting session that incorporates choreographed upper and lower body moves all to the rhythm of the music
<b>Rock Cycle</b>	A fun beginner session with plenty of guidance to the tunes of rock classics

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.

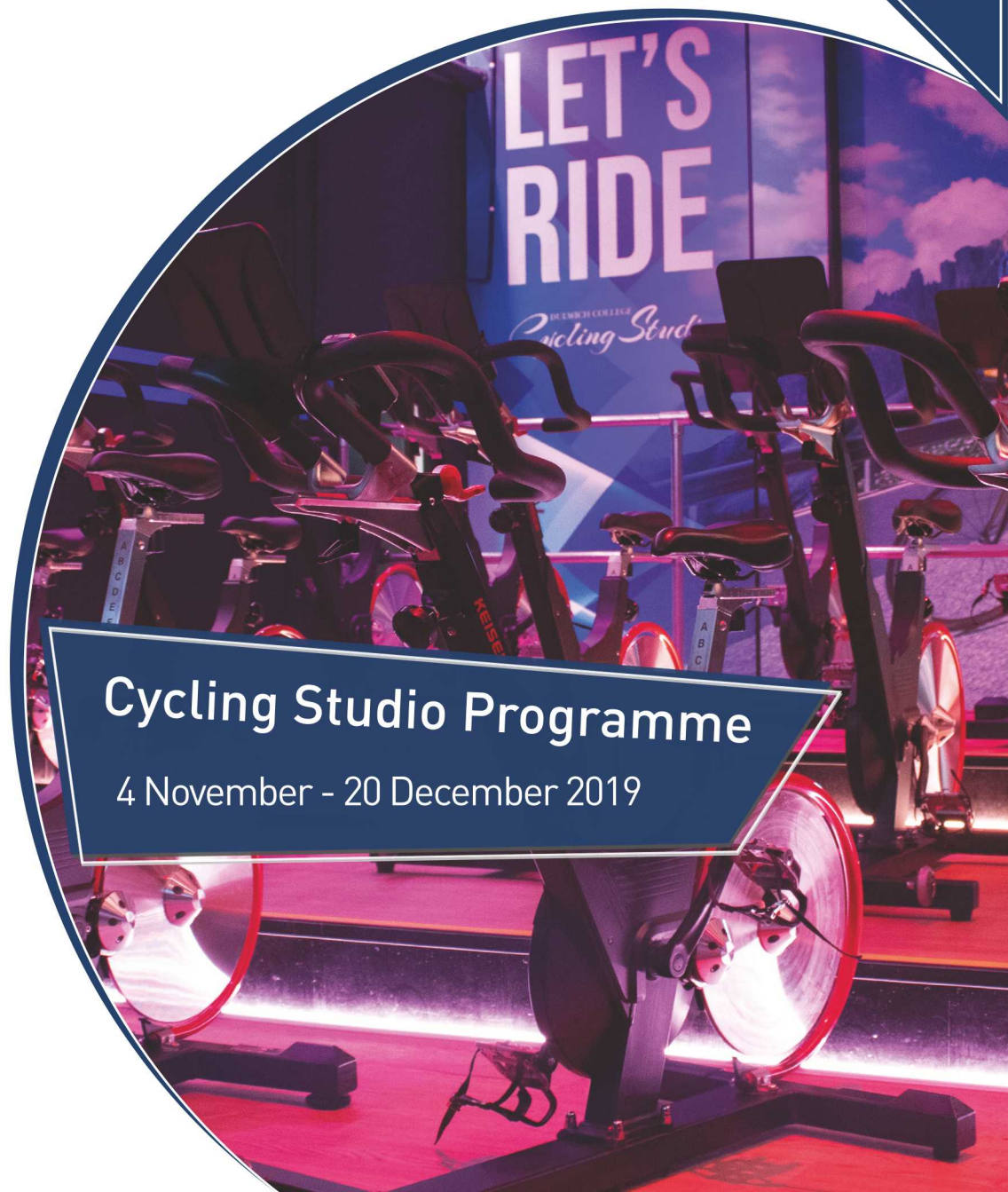
**IMPORTANT:** Always seek professional medical advice before participating in any exercise programme if you are unsure that it is safe to do so.

# DULWICH COLLEGE Cycling Studio

FREE  
with Sports Club  
membership

## Cycling Studio Programme

4 November - 20 December 2019



## Cycling Class Programme: 4 November - 20 December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:30 - 7:00</b> Staff Sprint (Les Mills)	<b>6:20 - 6:50</b> HiiT to the Beat (Gonzalo)	<b>6:20 - 6:50</b> Sprint (Les Mills)	<b>6:20 - 6:50</b> Pump & Pedal (Clide)	<b>6:20 - 6:50</b> Sprint (Les Mills)		
<b>7:15 - 7:45</b> <b>NEW</b> Hi Intensity (Paula)	<b>7:00 - 7:45</b> DC Cycling Squad (Mr Brown)	<b>6:55 - 7:25</b> Family (11+) Sprint (Claudia)	<b>7:00 - 7:45</b> <b>NEW</b> DC Rowing Squad (Mr Foster)	<b>7:00 - 7:45</b> The Trip (Charlotte)		
		<b>7:30 - 8:00</b> <b>NEW</b> Beginner Session (Les Mills)			<b>9:15 - 10:00</b> Pump & Pedal (Clide)	<b>9:10 - 9:40</b> Technique Workout (Paula)
					<b>10:15 - 11:00</b> Cycle Beats (Orlene)	<b>10:00 - 10:30</b> <b>NEW</b> Beginner Session (Les Mills)
					<b>11:10 - 11:55</b> <b>NEW</b> Keiser Workout (Imelda)	<b>11:00 - 11:45</b> Rhythm Cycle (Cassie)
<b>12:15 - 12:45</b> <b>NEW</b> Staff Sprint (Les Mills)	<b>12:45 - 13:15</b> Staff Beginner Session (Les Mills)	<b>12:15 - 13:00</b> Staff The Trip (Les Mills)	<b>12:15 - 12:45</b> <b>NEW</b> Staff Sprint (Claudia)	<b>12:30 - 13:15</b> <b>NEW</b> The Trip (Les Mills)	<b>12:10 - 12:40</b> <b>NEW</b> Beginner Induction (Imelda)	<b>11:55 - 12:25</b> <b>NEW</b> Family (11+) Sprint (Les Mills)
<b>13:30 - 14:00</b> <b>NEW</b> Staff Sprint (Les Mills)	<b>13:30 - 14:00</b> Staff RPM (Les Mills)	<b>13:15 - 13:45</b> <b>NEW</b> Staff Sprint (Les Mills)	<b>13:30 - 14:15</b> <b>NEW</b> Staff The Trip (Les Mills)	<b>13:30 - 14:00</b> <b>NEW</b> Staff Beginner Session (Les Mills)	<b>13:00 - 13:30</b> Family (11+) Sprint (Anna)	
					<b>14:00 - 14:30</b> <b>NEW</b> Ladies Only Sprint (Anna)	<b>14:00 - 14:50</b> <b>NEW</b> RPM (Les Mills)
					<b>14:45 - 15:30</b> <b>NEW</b> The Trip (Les Mills)	<b>15:30 - 16:15</b> The Trip (Les Mills)
<b>16:30 - 17:15</b> Staff RPM (Cassie)	<b>17:00 - 17:45</b> DC Boarders (Mr Delaney)	<b>17:20 - 17:50</b> 50+ Staff Sprint (Les Mills)	<b>17:00 - 17:45</b> DC Boarders (Mr Delaney)	<b>17:00 - 17:45</b> Staff The Trip (Les Mills)	<b>16:00 - 16:30</b> <b>NEW</b> Beginner Session (Les Mills)	<b>16:45 - 17:15</b> <b>NEW</b> Beginner Induction (Zach)
<b>17:25 - 17:55</b> Staff Sprint (Les Mills)					<b>17:00 - 17:30</b> <b>NEW</b> Sprint (Les Mills)	<b>17:30 - 18:00</b> <b>NEW</b> Beginner Session (Zach)
<b>18:05 - 18:35</b> <b>NEW</b> Sprint (Les Mills)	<b>17:55 - 18:25</b> <b>NEW</b> 50+ / Beginner Session (Les Mills)	<b>LOW MUSIC SESSION</b> <b>18:00 - 18:30</b> Sprint (Anna)	<b>18:00 - 18:45</b> <b>NEW</b> BodyBlast Cycle (Nathaniel)	<b>17:50 - 18:20</b> <b>NEW</b> Beginner Session (Les Mills)		<b>18:15 - 19:00</b> Keiser Workout (Zach)
<b>LOW MUSIC SESSION</b> <b>18:45 - 19:30</b> The Trip (Imelda)	<b>18:35 - 19:05</b> RPM (Les Mills)	<b>LOW MUSIC SESSION</b> <b>18:40 - 19:10</b> Cycle Express (Orlene)	<b>19:00 - 19:30</b> Sprint (Les Mills)	<b>18:30 - 19:00</b> Sprint (Les Mills)		<b>19:15 - 19:45</b> Sprint (Les Mills)
<b>19:40 - 20:10</b> <b>NEW</b> Beginner Session (Les Mills)	<b>19:15 - 20:00</b> The Trip (Charlotte)	<b>19:30 - 20:15</b> The Trip (Cassandra)	<b>19:45 - 20:15</b> Hi Intensity (Paula)	<b>19:15 - 20:00</b> RPM (Cassie)		
<b>20:20 - 21:05</b> HiiT to the Beat (Gonzalo)	<b>20:15 - 21:00</b> Pump & Pedal (Clide)	<b>20:25 - 20:55</b> <b>NEW</b> Beginner Induction (Omar)	<b>20:30 - 21:00</b> <b>NEW</b> Rock Cycle (Gary)	<b>20:10 - 20:40</b> <b>NEW</b> Beginner Session (Les Mills)		
<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 details and online booking
- Virtual Classes all year round, 2 participants minimum at virtual sessions
- Virtual Instructor sessions will replace the Live Instructor sessions during the class breaks in the August, Easter & Christmas holidays
- "Staff Only" classes run during College term time only

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)