

Get Fit, Have fun & Meet People

## SPIN STUDIO GUIDE

How to get the most out of your Spin 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](mailto: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 spin, exercise classes, squash, tennis and badminton.

### ALWAYS CHECK IN AT RECEPTION PRIOR TO YOUR SPIN 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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Web: [www.dcsportsclub.co.uk](http://www.dcsportsclub.co.uk)

DULWICH COLLEGE  
THE SPORTS CLUB












Spin Studio 



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

Spin Studio Programme

2 January - 24 March 2024

## Spin Class Programme: 2 January - 24 March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00 - 7:30</b> Sprint (Virtual Instructor)	<b>7:00 - 7:45</b> The Trip (Virtual Instructor)	<b>6:45 - 7:20</b> Early Birds (Claudia)	<b>7:00 - 7:45</b> Cyclist Session (Bruno) 	<b>7:00 - 7:45</b> DC Squad Session (Mr Brown)	<b>9:15 - 10:00</b> Pump & Pedal (Clide) 	<b>9:45 - 10:15</b> Sprint (Virtual Instructor)
		<b>7:30 - 8:00</b> Sprint (Virtual Instructor)			<b>10:15 - 11:00</b> Beginner's Club (Omar) 	<b>10:30 - 11:15</b> Sunday Ride (Omar) 
<b>12:15 - 12:45</b> Staff Spin (Virtual Instructor)					<b>11:15 - 12:00</b> Saturday Ride (Omar)	<b>11:30 - 12:15</b> Rhythm Cycle (Omar)
<b>13:30 - 14:00</b> Staff Spin (Virtual Instructor)	<b>12:15 - 12:45</b> Staff Spin (Virtual Instructor)	<b>12:15 - 12:45</b> Staff Spin (Virtual Instructor)	<b>12:15 - 12:45</b> Lunchtime Ride (Claudia)	<b>12:15 - 12:45</b> Staff Spin (Virtual Instructor)		<b>12:30 - 13:00</b> Sprint (Virtual Instructor)
<b>16:15 - 16:45</b> Staff Spin (Virtual Instructor)		<b>13:15 - 13:45</b> Staff Spin (Virtual Instructor)		<b>13:15 - 13:45</b> Staff Spin (Virtual Instructor)	<b>14:30 - 15:15</b> The Trip (Virtual Instructor)	
<b>17:00 - 17:30</b> Boarders (Virtual Instructor)	<b>15:15 - 15:45</b> Staff Spin (Virtual Instructor)	<b>17:15 - 17:45</b> Staff Spin (Clide)	<b>16:15 - 17:00</b> Staff The Trip (Virtual Instructor)	<b>15:15 - 15:45</b> Staff Spin (Virtual Instructor)		<b>15:45 - 16:30</b> The Trip (Virtual Instructor)
<b>17:50 - 18:35</b> The Trip (Virtual Instructor)	<b>17:15 - 17:45</b> Staff Sprint (Virtual Instructor)	<b>18:00 - 18:45</b> Midweek Medley (Claudia)	<b>18:00 - 18:30</b> Sprint (Virtual Instructor)	<b>16:00 - 16:30</b> Staff Spin (Virtual Instructor)		
<b>18:45 - 19:45</b> Cyclist's Session (Bruno) 	<b>18:00 - 18:45</b> Energize Cycle (Cassandra)	<b>19:00 - 20:00</b> Bodyblast Abs Attack (Nathaniel) <b>Combo Class</b> 	<b>19:00 - 19:30</b> BodyBlast Cycle (Nathaniel) 	<b>18:25 - 19:00</b> TGIF Fun (Omar) 	<b>17:00 - 17:30</b> Sprint (Virtual Instructor)	<b>17:30 - 18:15</b> The Trip (Virtual Instructor)
<b>20:00 - 20:45</b> The Trip (Virtual Instructor)	<b>19:00 - 19:45</b> The Trip (Virtual Instructor)	<b>20:00 - 20:45</b> Beginner's Club (Omar) 	<b>19:45 - 20:15</b> Sprint (Virtual Instructor)	<b>19:20 - 20:20</b> Cyclist's Session (Bruno) 		<b>19:15 - 19:45</b> Sprint (Virtual Instructor)
<b>21:00 - 21:30</b> Sprint (Virtual Instructor)	<b>20:15 - 20:45</b> Cycle Sprint (Paula) 	<b>21:00 - 21:30</b> Sprint (Virtual Instructor)	<b>20:30 - 21:15</b> The Trip (Virtual Instructor)	<b>20:30 - 21:00</b> Beginner Beats (Virtual Instructor) 		<b>20:00 - 20:45</b> The Trip (Virtual Instructor)

<b>Live Instructor</b>	<b>Les Mills 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> 
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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 **£12** (45 mins) and **£10** (30 mins)  
NEW: Big Screen Classes **£5** for A Card Holders