

Cycling Class Descriptions

Les Mills International Classes

The Trip™	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™	Within 45 minute RPM workouts you control the intensity - it's fun, low-impact & calorie burning. Your Instructor will lead you through a journey of hill climbs, sprints and flat riding, the group energy helping you to boost your cardio fitness levels
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
Les Mills Virtual Instructor 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

Freelance Classes

Advanced HIIT & Endurance	Paula's classes are a real experience. Not for the faint hearted, this session will push you to your limits and it's best not to try this as your first Cycling Studio experience. 30-minute
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 & Core to the max. Feel the beat & let the sweat flow
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 individuals with knee injuries to strengthening supporting thigh muscles and ligaments
Rhythm Cycle	Join Cassie for an exciting session that incorporates choreographed upper and lower body moves all to the rhythm of the music
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 in the saddle
Pump & Pedal	Traditional spinning style class incorporating speed and resistance work to the beat of music. Clide is an experienced, innovative & high-energy Instructor

About Keiser Cycles & Apps

The Keiser 3i Indoor Cycle & App	The Dulwich College Cycling Studio is equipped with 15 Keiser 3i Studio Cycles, the ultimate indoor cycle. Keiser indoor cycles are renowned in the industry for design, durability and accuracy. They are designed with built in re-calibration. A quiet but true road bike experience
The Keiser M Series App	Download the free Keiser M Series app to connect with your cycle data via Bluetooth. Track every ride; record every detail. Train using Functional Threshold Power (FTP). Analyse ride data. Export data to your personal fitness app
The Keiser Group App	Participant data projected is on screen for group sessions. This will be introduced in 2020
Keiser Rhythm™ Keiser Rush™ & Keiser Race™	Keiser have designed their own bespoke workouts for all requirements. These will be phased in during 2020

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



with Sports Club membership
FREE
membership

Cycling Studio Programme

Michaelmas Term 2019

16 September - December 2019



Cycling Class Programme: 16 September - December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:20 - 6:50 Staff Sprint (Virtual)	6:20 - 6:50 HIIT to the Beat (Gonzalo)	6:20 - 6:50 Sprint (Virtual)	6:20 - 6:50 Pump & Pedal (Clide)	6:20 - 6:50 Sprint (Virtual)		
7:10 - 7:40 Advanced HIIT Class (Paula)	7:00 - 7:45 RPM (Virtual)	6:55 - 7:25 Junior Members (11-17) Sprint (Claudia)	7:00 - 7:45 RPM (Virtual)	6:55 - 7:40 The Trip (Charlotte)		
		7:30 - 8:00 Sprint (Virtual)			9:15 - 10:00 Pump & Pedal (Clide)	9:15 - 9:45 Advanced HIIT/Endurance Class (Paula)
					10:15 - 11:00 Cycle Beats (Orlene)	10:00 - 10:45 RPM (Virtual)
					11:10 - 11:55 The Trip (Virtual)	11:00 - 11:45 Rhythm Cycle (Cassie)
12:15 - 12:45 Staff Sprint (Virtual)		12:15 - 13:00 Staff The Trip (Virtual)	12:15 - 12:45 Staff Sprint (Claudia)		12:05 - 12:35 Sprint (Virtual)	11:55 - 12:25 Sprint (Virtual)
	13:00 - 13:45 Staff RPM (Virtual)			13:15 - 14:00 Staff RPM (Virtual)		
					14:00 - 14:30 Ladies Only Sprint (Anna)	
					16:00 - 16:45 RPM (Virtual)	16:00 - 16:45 The Trip (Virtual)
16:30 - 17:15 Staff RPM (Cassie)		17:20 - 17:50 50+ Staff Sprint (Virtual)		17:30 - 18:15 Staff The Trip (Virtual)		
17:30 - 18:00 Staff Sprint (Virtual)						
LOW VOLUME SESSION: 18:45 - 19:30 The Trip (Imelda)	18:25 - 19:05 RPM (Virtual)	LOW VOLUME SESSION: 18:00 - 18:30 Sprint (Anna)	18:00 - 18:45 BodyBlast Cycle (Nathaniel)	18:25 - 18:55 Sprint (Virtual)		18:15 - 19:00 Keiser Rythm (Zach)
		LOW VOLUME SESSION: 18:40 - 19:10 Cycle Express (Orlene)				19:15 - 19:45 Sprint (Virtual)
	19:15 - 20:00 The Trip (Charlotte)		19:00 - 19:30 Sprint (Virtual)	19:15 - 20:00 RPM (Cassie)		
20:15 - 21:00 HiIT to the Beat (Gonzalo)	20:15 - 21:00 Pump & Pedal (Clide)	20:30 - 21:15 The Trip (Cassandra)	19:45 - 20:15 Advanced Endurance (Paula)	20:15 - 21:00 The Trip (Virtual)		

Live Instructor	Virtual Instructor	DC Staff Only session
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NOTES:

- Starts 16 September
- Pre-booking is essential - see website for details
- Virtual Classes all year round
- 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

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