

Exercise Class Guide

Online Live Timetables

The class programme is detailed on the website. The live timetable is updated wherever there are class cancellations, venue changes or cover instructors, so do check it before booking/attending.

Advance Booking

It is essential to book online for all classes. Connect via the website or download the iScuba app to your device. When you visit for the first time, simply click 'Login/Register' then 'Forgotten Password'. Please remember to cancel any unwanted bookings at least 4 hours prior to the class. Failure to do so, or failure to attend will result in a £3 penalty fee. This is designed to discourage casual booking.

Member's Guests

Members are welcome to bring guests. Guests should be booked in via Reception and a guest fee is payable. Guest vouchers may be used for this purpose.

Register on Arrival

Please arrive at your class 5-10 minutes before the start time in order to register your attendance with the instructor. Failure to register may result in a penalty fee as detailed above. Don't forget to wear suitable clothing and bring a water bottle.

Non-Members

All classes are free to members. Non-members are welcome but must first register for an Activity Access Card (£10 registration fee). Classes can then be booked and paid for online.

Trevor Bailey Sports Ground (TBSG) Hall

This is located on Dulwich Common opposite the stables, SE21 7HA. Free parking is available.

Cycling Studio

It's a good idea to include some Cycling Studio sessions in your training programme. Please see the separate leaflet for full details.

Please email sportsclub@dulwich.org.uk with any class related queries.

Enjoy your exercise class!



DULWICH COLLEGE SPORTS CLUB
London, SE21 7LD
Telephone: 020 8299 9292
Email: sportsclub@dulwich.org.uk
Web: www.dcsportsclub.co.uk

DULWICH COLLEGE
THE SPORTS CLUB
get fit, have fun, meet people

Junior Members
age 14+
may attend
Exercise Classes



Exercise Class & Activity Programme

3 January to 31 March 2023

Exercise Class & Activity Programme: 3 January - 31 March 2023

| Monday | | | | | | | Teacher | Venue | A Card | Bookable |
|-----------|---------------|---|-------------------------------|-----------|-------------|-----|---------|-------|--------|----------|
| NEW CLASS | 08:00 - 08:45 | ▲ | Morning Yoga (Beg/Gen) | Zaira | TBSG Hall | £10 | Yes | | | |
| NEW CLASS | 09:00 - 10:00 | ▲ | Stretch Flow | Paula | Squash Ct 1 | £10 | Yes | | | |
| | 09:05 - 10:05 | ● | Body Conditioning | Imelda | TBSG Hall | £10 | Yes | | | |
| | 10:15 - 11:15 | ● | Body Conditioning | Imelda | TBSG Hall | £10 | Yes | | | |
| | 17:15 - 18:10 | ◆ | DC Staff Zumba ¹ | Zaira | Club Room | N/A | No | | | |
| | 18:00 - 21:00 | ■ | Squash Club Night | Gary S | Squash Cts | N/A | No | | | |
| | 19:00 - 19:45 | ● | Bodyblast Conditioning | Nathaniel | Club Room | £10 | Yes | | | |
| | 19:30 - 22:00 | ■ | Badminton Club Night 1 | Gary D | Sports Hall | N/A | No | | | |
| Tuesday | | | | | | | | | | |
| NEW CLASS | 09:00 - 10:00 | ● | Bodyblast Cardio | Nathaniel | Squash Ct 1 | £10 | Yes | | | |
| NEW CLASS | 09:05 - 09:55 | ◆ | Dance Fitness | Zaira | TBSG Hall | £10 | Yes | | | |
| | 10:15 - 11:15 | ▲ | Pilates General (All levels) | Zaira | TBSG Hall | £10 | Yes | | | |
| | 18:00 - 18:45 | ● | Barre | Paula | Ex Studio | £10 | Yes | | | |
| | 19:00 - 20:00 | ▲ | Pilates (All welcome) | Paula | Club Room | £10 | Yes | | | |
| Wednesday | | | | | | | | | | |
| NEW CLASS | 08:00 - 08:55 | ● | Cross Hiit | Omar | TBSG Hall | £10 | Yes | | | |
| | 09:05 - 10:05 | ● | Bodyblast Conditioning | Nathaniel | TBSG Hall | £10 | Yes | | | |
| | 10:15 - 11:15 | ◆ | Zumba | Zaira | TBSG Hall | £10 | Yes | | | |
| | 13:20 - 14:00 | ▲ | DC Staff Pilates ¹ | Zaira | Club Room | N/A | No | | | |
| NEW CLASS | 17:15 - 18:00 | ▲ | DC Staff Yoga ¹ | Zaira | Club Room | £10 | No | | | |
| | 18:15 - 19:15 | ▲ | Yoga (Mixed) | Paula | Club Room | £10 | Yes | | | |
| | 18:20 - 19:20 | ▲ | Pilates General (All levels) | Zaira | TBSG Hall | £10 | Yes | | | |
| | 19:30 - 22:00 | ■ | Badminton Club Night 2 | Rob | Sports Hall | N/A | No | | | |

▲ Wellbeing

● Train

■ Sports

◆ Dance

~ Pool

| Thursday | | | | | | | | | | |
|-----------|----------------|---|-----------------------------------|--------------|-------------|-----|-----|--|--|--|
| NEW CLASS | 09:00 - 10:00 | ● | Core Conditioning | Nathaniel | Squash Ct 1 | £10 | Yes | | | |
| | 08:45 - 10:00 | ▲ | Yoga | Paula | TBSG Hall | £10 | Yes | | | |
| | 10:15 - 11:15 | ◆ | Zumba Gold | Zaira | TBSG Hall | £10 | Yes | | | |
| | 18:00 - 19:00 | ▲ | Stretch Flow | Paula | Club Room | £10 | Yes | | | |
| | 18:45 - 19:30 | ~ | Aquafit | Carol | Pool | £8 | Yes | | | |
| | 19:15 - 20:00 | ● | Boxing | Kwame | Club Room | £8 | Yes | | | |
| Friday | | | | | | | | | | |
| | 08:00 - 08:55 | ● | Bodyblast Conditioning | Nathaniel | TBSG Hall | £10 | Yes | | | |
| | 09:05 - 10:00 | ▲ | Pilates (Beginner) | Zaira | TBSG Hall | £10 | Yes | | | |
| | 10:15 - 11:15 | ▲ | Pilates (Intermediate) | Zaira | TBSG Hall | £10 | Yes | | | |
| | 20:00 to 22:00 | ■ | Table Tennis Club Night | Duty Manager | Club Room | N/A | Yes | | | |
| Saturday | | | | | | | | | | |
| | 09:00 - 09:55 | ◆ | Zumba | Kate | Ex Studio | £10 | Yes | | | |
| | 12:00 - 12:45 | ▲ | MyKindaYoga | Alison B | Club Room | £10 | Yes | | | |
| | 14:00 - 15:00 | ● | Boxing | Kwame | Club Room | £10 | Yes | | | |
| NEW CLASS | 17:00 to 18:00 | ■ | Pickleball Club Night | Duty Manager | Sports Hall | N/A | No | | | |
| Sunday | | | | | | | | | | |
| | 09:00 - 09:55 | ◆ | The Cardio DanceFit Method® | Paulette | Ex Studio | £10 | Yes | | | |
| | 09:00 - 11:30 | ■ | No Strings Badminton | Kris | Sports Hall | £5 | Yes | | | |
| NEW CLASS | 10:10 - 11:00 | ● | Legs Bums Tums Method (mat based) | Paulette | Ex Studio | £10 | Yes | | | |
| | 11:10 - 12:00 | ◆ | Dance Method | Paulette | Ex Studio | £10 | Yes | | | |
| | 18:00 - 20:00 | ■ | Basketball Club Night | Duty Manager | Sports Hall | N/A | Yes | | | |

NOTES:

¹ "DC Staff Only" classes run during College term time only.

Classes must be booked in advance online or by telephone.

Non-members must register for an A Card to book.

There are no classes during August and a 2 week break at Easter and Christmas.

For the latest programme details, please see the website timetable.