

## Exercise Class Guide

Classes are included with full membership (not Off-Peak)

### 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.

### Class Break

There are 3 breaks in the class programme: 2 weeks over Easter and 2 weeks over Christmas, then the calendar month of August. The rationale for this is detailed on the website.

### 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.

### Spin Studio

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

Please email [sportsclub@dulwich.org.uk](mailto:sportsclub@dulwich.org.uk) with any class related queries.

**Enjoy your exercise class!**



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## Exercise Class & Activity Programme: 5 January – 29 March 2026

Monday		Teacher	Venue	A Card
09:05 -10:05	Body Conditioning 	Imelda	TBSG Hall	£13
10:15 - 11:15	Body Conditioning 	Imelda	TBSG Hall	£13
11:25 - 12:15	Pilates (Beg/Imp)	Zaira	TBSG Hall	£13
18:00 - 21:00	Squash Club Night	DC Staff	Squash Courts	N/A
19:00 - 19:45	Bodyblast Conditioning	Nathaniel	Club Room	£11
20:00 - 20:45	Bodyblast Conditioning	Nathaniel	Club Room	£11
20:00 - 22:00	Badminton Club Night 1	Gary D	Sports Hall	N/A
Tuesday				
08:00 - 08:45	Morning Yoga (Beg/Gen)	Zaira	TBSG Hall	£11
09:05 - 10:00	Bodyblast Step	Nathaniel	Squash Court 1	£13
09:05 -10:00	Dance Fitness	Zaira	TBSG Hall	£13
10:15 - 11:15	Pilates General (All levels)	Zaira	TBSG Hall	£13
17.15 - 17.55	DC Staff LBT	Nathaniel	Club Room	N/A
18:00 - 18:45	Pilates	Paula	Club Room	£11
19:00 - 19:30	LBT	Paula	Club Room	£9
19:30-20.30	Boxing	Kwame	Club Room	£13
19:40 - 20:25	Barre	Paula	Exercise Room	£11
Wednesday				
08:00 - 08:55	Cross Hiiit	Omar	TBSG Hall	£13
09:05 - 10:00	Flow Fitness	Omar	Squash Court	£13
09:05 - 10:05	Bodyblast Conditioning	Nathaniel	TBSG Hall	£13
10:15 - 11:15	Body Combat	Vera	TBSG Hall	£13
18:15 - 19:15	Yoga	Sarayu	Club Room	£13
20:00 – 20:55	Zumba	Sharon	Club Room	£13
20:00 - 22:00	Badminton Club Night 2	Rob	Sports Hall	N/A

### 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 Activity Access ('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 live timetable.

Thursday		Teacher	Venue	A Card
08:00 - 08:45	Morning Yoga (Beg/Gen)	Zaira	TBSG Hall	£11
09:05 - 10:00	Core Conditioning	Nathaniel	Squash Court 1	£13
09:05 - 10:05	Power Pilates (All levels)	Zaira	TBSG Hall	£13
10:15 - 11:15	Zumba Gold	Zaira	TBSG Hall	£13
13:30 - 14:10	DC Staff Pilates	Zaira	Club Room	N/A
18:00 - 19:00	Stretch Flow	Paula	Club Room	£13
18:45 - 19:30	Aquafit	Carol/Alison	Pool	£11
19:15 - 19:45	Pilates Core Express	Paula	Club Room	£9
20:00 - 20:45	Boxing 	Kwame	Club Room	£11
Friday				
08:00 - 08:55	Bodyblast Conditioning	Nathaniel	TBSG Hall	£13
09:00 - 09:55	Strength Reform	Omar	Squash Court 1	£13
09:05 - 10:00	Pilates (Beg/Imp)	Zaira	TBSG Hall	£13
10:15 - 11:15	Pilates (Intermediate)	Zaira	TBSG Hall	£13
11:20 - 12:00	Mindfulness	Zaira	TBSG Hall	£11
18:30 - 20:00	Bookable Table Tennis	Duty Manager	Club Room	£8
20:00 - 22:00	Table Tennis Club Night	Duty Manager	Club Room	N/A
Saturday				
09:00 - 09:55	Bodyblast Pump	Nathaniel	Club Room	£13
09:00 - 09:55	Zumba	Chandra	Exercise Studio	£13
10:00 - 11:30	60+ Activity Morning	DC Staff	Club Room	£3.50
10:05 - 11:00	MyKindaYoga	Alison B	Exercise Studio	£13
14:00 - 15:00	Boxing 	Kwame	Club Room	£13
17:00 - 18:00	Pickleball Club Night	Duty Manager	Sports Hall	N/A
Sunday				
09:00 - 11:30	No Strings Badminton	Kris	Sports Hall	£8
09:05 - 10:00	Slow Flow Yoga	Karolina	Exercise Studio	£13
09:30 - 11:00	Bookable Table Tennis	Duty Manager	Club Room	£8
10:05 - 11:00	Inner Strength Yoga	Karolina	Exercise Studio	£13
11:05 - 12:00	Zumba	Sharon	Exercise Studio	£13