

IMPORTANT

PLEASE NOTE THAT THE AUGUST CLASS PROGRAMME ARE OPTIONAL EXTRAS NOT INCLUDED IN MEMBERSHIP FEES.

THE INSTRUCTOR SHOULD BE PAID DIRECTLY. NO CHANGE WILL BE GIVEN.

THESE CLASSES DO NOT APPEAR ON THE CLUB BOOKING SYSTEM.

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.

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

Enjoy your exercise class!

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

Junior Members
age 14+
may attend
Exercise Classes



**Summer Holiday Exercise
Class & Activity Programme**

Summer Holiday Exercise Class Activity Programme: 4 August – 30 August 2025

Week 1

Date	Class Name	Time	Instructor	Venue	Price (Members & A Card)	Remarks
04/08/2025	Bodyblast Combo	09:00 - 10:00	Nathaniel	Athletics Track		nathanieljacques153@gmail.com or 07497517880
04/08/2025	Bodyblast Combo	19:00 - 20:00	Nathaniel	TBSG Hall		nathanieljacques153@gmail.com or 07497517880
05/08/2025	Barbell S&C	07:45 - 08:45	Omar	Ergo Room	All Omar's classes for £79 or PAYG £10	Contact Omar on 07950498133
06/08/2025	CrossFit	07:45 - 08:45	Omar	Ergo Room	All Omar's classes for £79 or PAYG £10	07950498133
06/08/2025	Bodyblast Combo	09:00 - 10:00	Nathaniel	Athletics Track		nathanieljacques153@gmail.com or 07497517880
06/08/2025	Bodyblast Combo	19:00 - 20:00	Nathaniel	TBSG Hall		nathanieljacques153@gmail.com or 07497517880
09/08/2025	Spin	10:15 - 11:00	Omar	Cycle Studio	All Omar's classes for £79 or PAYG £10	07950498133
09/08/2025	65+ Activities Morning	10:00 - 11:30	Davina	Club Room	Free for members / £3.50 for A Card	email sportsclub@dulwich.org.uk or call reception on 0208 299 9292

Week 2

11/08/2025	Bodyblast Combo	09:00 - 10:00	Nathaniel	TBSG Hall		nathanieljacques153@gmail.com or 07497517880
11/08/2025	Bodyblast Combo	19:00 - 20:00	Nathaniel	TBSG Hall		nathanieljacques153@gmail.com or 07497517880
12/08/2025	Barbell S&C	07:45 - 08:45	Omar	Ergo Room	All Omar's classes for £79 or PAYG £10	07950498133
13/08/2025	CrossFit	07:45 - 08:45	Omar	TBSG Hall	All Omar's classes for £79 or PAYG £10	07950498133
13/08/2025	Bodyblast Combo	09:00 - 10:00	Nathaniel	TBSG Hall		nathanieljacques153@gmail.com or 07497517880
13/08/2025	Bodyblast Combo	19:00 - 20:00	Nathaniel	TBSG Hall		nathanieljacques153@gmail.com or 07497517880
15/08/2025	Spin	18:15 - 19:00	Omar	Cycle Studio	All Omar's classes for £79 or PAYG £10	07950498133
16/08/2025	65+ Activities Morning	10:00 - 11:30	Davina	Club Room	Free for members / £3.50 for A Card	email sportsclub@dulwich.org.uk or call reception on 0208 299 9292

Week 3						
18/08/2025	Conditioning /Core	09:00 - 10:00	Imelda	Athletics Track	£10 PAYG or £35 for a course of 4 dates	imeldastarkings@btopenworld.com or 07801 842961
20/08/2025	Conditioning /Core	09:00 - 10:00	Imelda	Ergo Room	£10 PAYG or £35 for a course of 4 dates	imeldastarkings@btopenworld.com or 07801 842962
23/08/2025	Spin	10:15 - 11:00	Omar	Cycle Studio	All Omar's classes for £79 or PAYG £10	07950498133
23/08/2025	65+ Activities Morning	10:00 - 11:30	Davina	Club Room	Free for members / £3.50 for A Card	email sportsclub@dulwich.org.uk or call reception on 0208 299 9292
Week 4						
26/08/2025	Barbell S&C	07:45 - 08:45	Omar	Ergo Room	All Omar's classes for £79 or PAYG £10	07950498133
26/08/2025	Conditioning /Core	09:00 - 10:00	Imelda	TBSG Hall	£10 PAYG or £35 for a course of 4 dates	imeldastarkings@btopenworld.com or 07801 842962
27/08/2025	CrossFit	07:45 - 08:45	Omar	TBSG Hall	All Omar's classes for £79 or PAYG £10	07950498133
29/08/2025	Conditioning /Core	09:00 - 10:00	Imelda	TBSG Hall	£10 PAYG or £35 for a course of 4 dates	imeldastarkings@btopenworld.com or 07801 842962
29/08/2025	Spin	18:15 - 19:00	Omar	Cycle Studio	All Omar's classes for £79 or PAYG £10	07950498133
30/08/2025	65+ Activities Morning	10:00 - 11:30	Davina	Club Room	Free for members / £3.50 for A Card	email sportsclub@dulwich.org.uk or call reception on 0208 299 9292