

DULWICH COLLEGE

THE SPORTS CLUB

get fit, have fun, meet people

FREE WITH CLASS PASS

3 JANUARY TO 31 MARCH



Monday							
Time		Class	Teacher	Venue	Class Pass	Member	Non Member
09:05 to 10:05	●	Body Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00
10:15 to 11:15	◆	Corumba	Imelda	TBSG Hall	Included	£5.00	£8.00
17:30 to 18:30	◆	DC Staff Only Zumba	Zaira	Club Room	Included	£5.00	Staff Only
18:00 to 21:00	■	Squash Club Night	Gary S	TBSG Hall	Included	FREE	N/A
19:00 to 21:00	■	Freedom Football	Duty Manager	Main Astro	Included	£3.00	£5.00
19:30 to 22:00	■	Badminton Club Night	Gary D	Sports Hall	Included	FREE	N/A
20:20 to 21:20	●	S & C Circuits	Stephen	Exercise Studio	Included	£5.00	£8.00
Tuesday							
9:10 to 10:10	◆	Zumba	Zaira	TBSG Hall	Included	£5.00	£8.00
10:15 to 11:15	▲	Pilates (Beginner/General)	Zaira	TBSG Hall	Included	£6.00	£9.00
20:05 to 21:05	◆	Zumba	Zaira	Club Room	Included	£5.00	£8.00
Wednesday							
09:05 to 10:05	●	Body Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00
10:15 to 11:15	◆	Zumba	Zaira	TBSG Hall	Included	£5.00	£8.00
10:15 to 11:15	●	Power Walking	Imelda	TBSG Lounge	Included	£5.00	£8.00
13:20 to 14:00	▲	DC Staff Only Pilates	Brigit	Club Room	Included	£5.00	Staff Only
18:20 to 19:20	▲	Pilates	Zaira	TBSG Hall	Included	£6.00	£9.00
19:00 to 20:00	●	Barbell Fitness	Daniel	Free Weights Room	Included	£5.00	£8.00
19:00 to 20:15	▲	Yoga (Mixed)	Mark	Club Room	Included	£6.00	£9.00
19:15 to 20:00	~	Aqua Zumba	Keziah	Pool	Included	£5.00	£8.00
17:30 to 18:30	●	DC Staff Only Body Conditioning	Andrea	Exercise Studio	Included	£5.00	Staff Only
20:15 to 21:15	●	Circuits	Daniel	Exercise Studio	Included	£5.00	£8.00
Thursday							
09:05 to 10:05	●	Cardio Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00
Friday							
09:05 to 10:05	●	Body Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00
10:15 to 11:15	●	Power Walking	Imelda	TBSG Lounge	Included	£5.00	£8.00
19:30 to 22:00	■	Table Tennis Club Night	Duty Manager	Club Room	Included	FREE	N/A
Saturday							
09:05 to 10:05	◆	Zumba	Kate	Exercise Studio	Included	£5.00	£8.00
Sunday							
09:00 to 11:30	■	No Strings Badminton	Dung	Sports Hall	Included	FREE	£5.00
11:00 to 12:00	◆	Zumba	Zaira	Exercise Studio	Included	£5.00	£8.00

▲ Wellbeing

● Train

■ Sports

◆ Dance

~ Swim

- CLASS PASS TERMS & CONDITIONS:
- Class Pass is available as an add-on category for existing members only.
  - There are no classes during the month of August and therefore no payment is taken.
  - External hirer classes (not listed above) are not included in the Class Pass programme.
  - Please see Class Pass Application Form for full T&Cs.
  - Freedom Football is now included in Class Pass but may also be paid for monthly by Freedom Football Direct Debit. Please see Reception for more details.



ASK ABOUT CLASS PASS

Unlimited Sports Club  
classes for just £23.50