

# DULWICH COLLEGE

## THE SPORTS CLUB

*get fit, have fun, meet people*

# FREE WITH CLASS PASS

## 2 JANUARY - 23 MARCH 2018



Time		Class	Teacher	Venue	Class Pass	Member	Non Member
<b>Monday</b>							
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
19:30 to 22:00	■	Badminton Club Night	Gary D	Sports Hall	Included	FREE	N/A
<b>Tuesday</b>							
NEW CLASS 07:00 to 07:30	●	HIIT Cardio	Imelda	Exercise Studio	Included	£3.00	£5.00
09:10 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
NEW CLASS 18:30 to 19:30	◆	Salsa Aerobics	Orlene	Exercise Studio	Included	£5.00	£8.00
<b>Wednesday</b>							
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	Zaira	Club Room	Included	£5.00	Staff Only
17:30 to 18:30	●	DC Staff Only Body Conditioning	Andrea	Exercise Studio	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
19:15 to 20:00	~	Aqua Zumba	Keziah	Pool	Included	£5.00	£8.00
19:30 to 20:45	▲	Yoga (Mixed)	Mark	TBSG Hall	Included	£6.00	£9.00
<b>Thursday</b>							
09:05 to 10:05	●	Cardio Conditioning	Imelda	TBSG Hall	Included	£5.00	£8.00
<b>Friday</b>							
NEW CLASS 07:00 to 07:30	●	HIIT Cardio	Giulia	Exercise Studio	Included	£3.00	£5.00
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
10:15 to 11:15	▲	Pilates (All welcome)	Zaira	TBSG Hall	Included	£6.00	£9.00
19:30 to 22:00	■	Table Tennis Club Night	Duty Manager	Club Room	Included	FREE	N/A
<b>Saturday</b>							
09:05 to 10:05	◆	Zumba	Kate	Exercise Studio	Included	£5.00	£8.00
<b>Sunday</b>							
09:00 to 11:30	■	No Strings Badminton	Dung	Sports Hall	Included	FREE	£5.00
NEW CLASS 11:00 to 12:00	◆	Salsa Aerobics	Orlene	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.



#### ASK ABOUT CLASS PASS

*Unlimited Sports Club  
classes for just £23.50*