

# DULWICH COLLEGE

## THE SPORTS CLUB

*get fit, have fun, meet people*

# FREE WITH CLASS PASS

## 1 SEPTEMBER - 15 DECEMBER 2017



### 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        |

### Tuesday

|                |                            |        |                 |          |       |       |
|----------------|----------------------------|--------|-----------------|----------|-------|-------|
| 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 |
| 18:30 to 19:30 | Salsa Aerobics             | Orlene | Exercise Studio | Included | £5.00 | £6.00 |

### 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           | 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      |

### Thursday

|                |                     |        |           |          |       |       |
|----------------|---------------------|--------|-----------|----------|-------|-------|
| 09:05 to 10:05 | Cardio Conditioning | Imelda | TBSG Hall | Included | £5.00 | £8.00 |
|----------------|---------------------|--------|-----------|----------|-------|-------|

### Friday

|                |                         |              |                 |          |       |       |
|----------------|-------------------------|--------------|-----------------|----------|-------|-------|
| 07:00 to 08:00 | Rise and Shine          | Giulia       | Exercise Studio | Included | £5.00 | £8.00 |
| 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   |

### 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 | 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.
- 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*