

Get Fit, Have fun & Meet People

CYCLING STUDIO GUIDE

How to get the most out of your Cycling Studio experience

FIRST & FOREMOST – indoor cycling (often referred to as 'Spin') classes are for everyone. You set your own level of resistance. The Instructors are well trained and helpful. Don't be afraid, give it a go.

It is essential to book in advance at Reception or online for ALL cycling classes. If you require an online booking password, please email sportsclub@dulwich.org.uk.

Non-members are welcome, but must register for an Activity Access Card, (£10 registration fee) in order to book online for cycling, exercise classes, squash, tennis and badminton.

ALWAYS CHECK IN AT RECEPTION PRIOR TO YOUR CYCLING CLASS

Checking in proves that you attended. We aim to minimise no-shows, so failure to check-in may result in a no-show penalty fee of £3.

Wear strong trainers or even better mountain bike cycling shoes (cleats) which have a recessed clip. (Note: Road bike cleats are not compatible as they are unsuitable for the indoor flooring.)

Please bring a towel (as you will sweat) & full water bottle. Drink plenty of water.

Arrive 5 minutes before your class to allow time to set up your bike. Instructors will show you how to adjust your bike and get comfortable. If it's your first class, please don't climb on a bike until told to do so.

If you are attending a Big Screen (virtual instructor) session, it will begin automatically at the published time - screen, projector, lights, music, action! Your instructors are there on the screen. However, Sports Club staff will be happy to assist you if needed. Just ask at Reception. For safety reasons, a minimum of 2 participants are required for Big Screen classes.

HYGIENE: PLEASE ALWAYS WIPE DOWN YOUR BIKE AND SURROUNDING AREA AFTER YOUR CLASS

Cleaning materials are provided.

You may wish to download the free "Keiser M Series" individual app from your app store to monitor your session performance. This app connects to any Keiser bike by Bluetooth. This data can be exported to your personal fitness app.

Indoor Cycling is a highly efficient & low-impact way to make massive fitness gains in an environment of fun, great music and group energy. We hope you enjoy it!



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DULWICH COLLEGE
THE SPORTS CLUB

















FREE
with Sports Club
membership

Cycling Studio Programme

25 April - 4 September 2022

Cycling Class Programme: 25 April - 4 September 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|---|
| 7:00 - 7:30 Sprint (Big Screen) | 7:00 - 7:45 The Trip (Big Screen) | 7:30 - 8:00 Sprint (Big Screen) | 7:00 - 7:45 Cyclist Session (Bruno)  | 7:00 - 7:45 DC Squad Session (Mr Brown) | 9:15 - 9:55 Pump & Pedal (Clide)  | 9:15 - 9:55 Hiit to the Beat (Gonzalo)  |
| | | | | | 10:15 - 11:00 Beginner's Club (Omar)  | 10:15 - 10:45 Beginner Beats (Big Screen)  |
| | | | | | 11:20 - 12:05 Saturday Ride (Omar) | 11:05 - 11:50 Rhythm Cycle (Cassie) |
| 12:15 - 12:45 Staff Sprint (Big Screen) | 12:15 - 12:45 Staff Bodyblast Cycle (Nathaniel) | 12:15 - 12:45 Staff Sprint (Big Screen) | 12:15 - 12:45 Staff Sprint (Claudia) | 12:15 - 12:45 Staff Sprint (Big Screen) | 12:30 - 13:15 Family (11+) The Trip (Big Screen) | 12:10 - 12:40 Family Fitness (11+) Sprint (Big Screen) |
| 13:30 - 14:00 Staff Sprint (Big Screen) | | 13:15 - 13:45 Staff Sprint (Big Screen) | | 13:15 - 13:45 Staff Sprint (Big Screen) | 13:30 - 14:15 The Trip (Big Screen) | 13:00 - 13:45 The Trip (Big Screen) |
| 16:00 - 16:30 Staff Sprint (Big Screen) | 15:15 - 15:45 Staff Sprint (Catering) (Big Screen) | 16:00 - 16:30 Staff Sprint (Big Screen) | 16:15 - 17:00 Staff The Trip (Big Screen) | 15:15 - 15:45 Staff Sprint (Catering) (Big Screen) | | |
| 17:50 - 18:35 The Trip (Big Screen) | 17:10 - 17:40 Staff Sprint (Big Screen) | 18:10 - 18:40 Sprint (Claudia) | 18:00 - 18:45 Summer Spin & Stretch (Anna) | 16:00 - 16:30 Staff Sprint (Big Screen) | 16:00 - 16:45 The Trip (Big Screen) | 16:40 - 17:10 Beginners Induction (Zach)  |
| 18:50 - 19:35 Cyclist's Session (Bruno)  | 17:55 - 18:40 The Trip (Cassandra) | 19:00 - 20:00 Bodyblast Abs Attack (Nathaniel) Combo Class | 19:00 - 19:30 BodyBlast Cycle (Nathaniel) | 18:00 - 18:45 TGIF Fun (Omar)  | 17:00 - 17:30 Sprint (Big Screen) | 17:25 - 18:10 Keiser Hills & Drills (Zach) |
| 20:00 - 20:45 Hiit to the Beat (Gonzalo) | 19:00 - 19:45 Pump & Pedal (Clide)  | 19:50 - 20:35 Beginner's Club (Omar)  | 19:45 - 20:30 Hiit to the Beat (Gonzalo) | 19:20 - 20:20 Cyclist's Session (Bruno)  | | 19:15 - 19:45 Sprint (Big Screen) |
| 21:05 - 21:35 Sprint (Big Screen) | 20:00 - 20:30 Cycle Sprint (Paula) | 20:55 - 21:25 Sprint (Big Screen) | 20:45 - 21:30 The Trip (Big Screen) | 20:35 - 21:05 Beginner Beats (Big Screen)  | | 20:00 - 20:45 The Trip (Big Screen) |

| | | | | | | |
|------------------------|-------------------|-------------------------|------------------------------|---------------------------|--|--|
| Live Instructor | Big Screen | Beginner Session | DC Staff Only Session | DC Student Session | Advanced Sessions  | Beginner Sessions  |
|------------------------|-------------------|-------------------------|------------------------------|---------------------------|--|--|

NOTES:

- Pre-booking is essential - see website for live timetable and online booking
- Instructor led classes are replaced by Big Screen sessions during the Easter, Summer and Christmas class breaks
- Big Screen Classes all year round, 2 participants minimum
- "Staff Only" Big Screen sessions now run throughout College holidays

NON-MEMBERS

Non-Members are welcome to participate after registering as an Activity Access Card (A Card) holder. Once only Registration Fee £10 (or £5 for DCSC hirer club customers)

PRICES: Members **FREE** / Activity Access Card Holder **£10** (45 mins) and **£8** (30 mins)