




Cycling Class Descriptions

Dulwich College Cycling Studio offers sessions suitable for everyone from complete beginners to experienced enthusiasts. Junior members aged 14+ are welcome to attend all sessions other than advanced classes 

Beginner Induction 	A complete introduction to indoor cycling covering safety, technique, cycle set up, gears, use of apps and studio etiquette
Beginner Session 	Gentle introduction sessions for those new to indoor cycling
Advanced Session 	Not suitable for novices or those starting their fitness programme
Keiser FTP Testing	Functional Threshold Power (FTP) testing is included in a number of the live instructor sessions. This provides a guide to your current fitness levels which ensures effective, customised workouts. Ask an instructor for more details

Les Mills International Classes

Les Mills Virtual Instructor Classes	Les Mills The Trip™, RPM™ & Sprint™ Virtual Instructor classes complement the live Instructor programme by bringing top international instructors to the club via multi-media presentations that are refreshed and re-invented every 3 months
The Trip™	The Trip™ is a fully immersive workout experience featuring 40-minute rides through digitally created worlds! The Trip™ takes motivation & energy output to the next level, burning serious calories
RPM™ & Beginner	Your virtual RPM instructor will guide you through a combination of flat riding, hills and sprints, a cardio boosting 50 minute session. Beginner sessions are a lower intensity and last for 30 minutes
Sprint™	Sprint™ is a 30-minute High Intensity Interval Training workout. The thrill comes from pushing your physical and mental limits. HIIT is scientifically proven to produce rapid results

Freelance Classes

BodyBlast Cycle	Like working up a sweat? Then join qualified PT Nathaniel's fast-paced total body workout that will burn calories and tone muscles. Push those Quads, Hamstrings, Calves & Core to the max
Cycle Beats	Move your feet to the beat for a fantastic cardiovascular workout. Orlene focuses on using the engaging rhythms of infectious music to motivate you to complete the ultimate cardio workout
Cycle Express	Perfect for time-strapped adults of all ages and fitness levels. In this session, Orlene particularly caters for beginners wanting to improve their cardiovascular health and injury rehabilitation
HiIT to the Beat	Focusing on the rhythm of the music with Gonzalo to energise with the speed and resistance of high-intensity cycling while having fun in the saddle
Hi Intensity & Techniques Workout	These sessions are designed to improve your technique and then push you to safe limits. Paula's classes are a unique experience
Keiser Workout	A mixed ability session utilising the Keiser M Series Group App for performance data and fun challenges
Pump & Pedal	Traditional spinning style class incorporating speed and resistance work to the beat of music. Clide is an experienced, innovative & high-energy Instructor
Rhythm Cycle	Join Cassie for an exciting session that incorporates choreographed upper and lower body moves all to the rhythm of the music
Rock Cycle	A fun beginner session with plenty of guidance to the tunes of rock classics

Keiser 3i indoor cycles are renowned for their road bike feel, accuracy & durability. The displays provide accurate data on gearing, cadence (RPM), wattage output and (if a monitor is worn) heart rate. Download the free Keiser M Series app on your device and connect by Bluetooth to save and/or export your data.

IMPORTANT: Always seek professional medical advice before participating in any exercise programme if you are unsure that it is safe to do so.

DULWICH COLLEGE Cycling Studio

























FREE
with Sports Club
membership

Cycling Studio Programme

4 November - 20 December 2019



Cycling Class Programme: 4 November - 20 December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:00 Staff Sprint (Les Mills)	6:20 - 6:50 HiiT to the Beat (Gonzalo)	6:20 - 6:50 Sprint (Les Mills)	6:20 - 6:50  Pump & Pedal (Clide)	6:20 - 6:50 Sprint (Les Mills)		
7:15 - 7:45  NEW Hi Intensity (Paula)	7:00 - 7:45 DC Cycling Squad (Mr Brown)	6:55 - 7:25 Family (11+) Sprint (Claudia)	7:00 - 7:45 NEW DC Rowing Squad (Mr Foster)	7:00 - 7:45 The Trip (Charlotte)		
		7:30 - 8:00  NEW Beginner Session (Les Mills)			9:15 - 10:00  Pump & Pedal (Clide)	9:10 - 9:40  Technique Workout (Paula)
					10:15 - 11:00 Cycle Beats (Orlene)	10:00 - 10:30  NEW Beginner Session (Les Mills)
					11:10 - 11:55 NEW Keiser Workout (Imelda)	11:00 - 11:45 Rhythm Cycle (Cassie)
12:15 - 12:45 NEW Staff Sprint (Les Mills)	12:45 - 13:15  Staff Beginner Session (Les Mills)	12:15 - 13:00 Staff The Trip (Les Mills)	12:15 - 12:45 NEW Staff Sprint (Claudia)	12:30 - 13:15 NEW The Trip (Les Mills)	12:10 - 12:40  NEW Beginner Induction (Imelda)	11:55 - 12:25 NEW Family (11+) Sprint (Les Mills)
13:30 - 14:00 NEW Staff Sprint (Les Mills)	13:30 - 14:00 Staff RPM (Les Mills)	13:15 - 13:45 NEW Staff Sprint (Les Mills)	13:30 - 14:15 NEW Staff The Trip (Les Mills)	13:30 - 14:00  NEW Staff Beginner Session (Les Mills)	13:00 - 13:30 Family (11+) Sprint (Anna)	
					14:00 - 14:30 NEW Ladies Only Sprint (Anna)	14:00 - 14:50 NEW RPM (Les Mills)
					14:45 - 15:30 NEW The Trip (Les Mills)	15:30 - 16:15 The Trip (Les Mills)
16:30 - 17:15 Staff RPM (Cassie)	17:00 - 17:45 DC Boarders (Mr Delaney)	17:20 - 17:50  50+ Staff Sprint (Les Mills)	17:00 - 17:45 DC Boarders (Mr Delaney)	17:00 - 17:45 Staff The Trip (Les Mills)	16:00 - 16:30  NEW Beginner Session (Les Mills)	16:45 - 17:15  NEW Beginner Induction (Zach)
17:25 - 17:55 Staff Sprint (Les Mills)					17:00 - 17:30 NEW Sprint (Les Mills)	17:30 - 18:00  NEW Beginner Session (Zach)
18:05 - 18:35 NEW Sprint (Les Mills)	17:55 - 18:25  NEW 50+ / Beginner Session (Les Mills)	LOW MUSIC SESSION 18:00 - 18:30 Sprint (Anna)	18:00 - 18:45 BodyBlast Cycle (Nathaniel)	17:50 - 18:20  NEW Beginner Session (Les Mills)		18:15 - 19:00 Keiser Workout (Zach)
LOW MUSIC SESSION 18:45 - 19:30 The Trip (Imelda)	18:35 - 19:05 RPM (Les Mills)	LOW MUSIC SESSION 18:40 - 19:10 Cycle Express (Orlene)	19:00 - 19:30 Sprint (Les Mills)	18:30 - 19:00 Sprint (Les Mills)		19:15 - 19:45 Sprint (Les Mills)
19:40 - 20:10  NEW Beginner Session (Les Mills)	19:15 - 20:00 The Trip (Charlotte)	19:30 - 20:15 The Trip (Cassandra)	19:45 - 20:15  Hi Intensity (Paula)	19:15 - 20:00 RPM (Cassie)		
20:20 - 21:05  HiiT to the Beat (Gonzalo)	20:15 - 21:00  Pump & Pedal (Clide)	20:25 - 20:55  NEW Beginner Induction (Omar)	20:30 - 21:00  NEW Rock Cycle (Gary)	20:10 - 20:40  NEW Beginner Session (Les Mills)		
Live Instructor	Virtual Instructor	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
- Virtual Classes all year round, 2 participants minimum at virtual sessions
- Virtual Instructor sessions will replace the Live Instructor sessions during the class breaks in the August, Easter & Christmas holidays
- "Staff Only" classes run during College term time only

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)

dcsportsclub.co.uk