

Get Fit, Have fun & Meet People

Covid-19 Safety Arrangements

Dulwich College Sports Club is committed to the safety of its customers and staff.

We have carried out a full Risk Assessment based on Government advice and put in place important safety measures. We are confident that we can count on the same commitment to safety from our customers at this time. Please avoid complacency, observe 2m, wash hands often and clean all equipment before & after use.

IMPORTANT If you have symptoms of COVID-19 (C-19), please stay at home and follow Government Policy on self-isolation. If you develop C-19 after visiting the Sports Club, please inform us (with your visit time & date) so that we can follow the Test & Trace protocol. Please respect staff & fellow members by maintaining 2m distance at all times. Please observe the distancing floor markings & queuing or circulation signage.

Hygiene Please wash or sanitise your hands on arrival at the club and every 15 minutes minimum during your visit. Please clean any kit or machines you use. Please bring your own dumbbells, mats and other small items of kit you may need. You may wear a face covering if you wish, but they are not mandatory for Sports Clubs at present. Please use contactless card payment, not cash.

Changing Rooms Not in use except as toilets and hand washing only. Please change at home.

Cycling Studio Arrangements As usual members must book in advance for Cycling Studio sessions. Some bikes are temporarily not in use and are labelled as such. The temporary maximum capacity is 8 places. Please book online* (dcsportsclub.co.uk) or by telephone, not at Reception. There are 20 minute gaps between sessions to allow for essential cleaning and safe exit/access. Please clean your cycle & zone after use and leave the room promptly. At present there is no limit to how many sessions you can book, but this will be kept under review. Please remember to cancel any unwanted sessions so that other members can attend. As instructors cannot share a microphone and should not shout, music levels will be lower than normal.

Non-Members Non-members must register for an Activity Access Card (£10) in order to attend Cycling Studio classes. Once registered you can book and pay online at dcsportsclub.co.uk.

Personal Belongings Please use a locker for your personal belongings, keys available from Reception.

***Online Booking Password** If you require a booking password, please email, sportsclub@dulwich.org.uk

PLEASE MAKE SURE YOU HAVE READ THE COVID-19 SAFETY ARRANGEMENTS
available online: www.dcsportsclub.co.uk



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Email: sportsclub@dulwich.org.uk

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DULWICH COLLEGE
THE SPORTS CLUB

Cycling Studio

FREE
with Sports Club
membership

Cycling Studio Programme

September - December 2020



Cycling Class Programme: September - December 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:00 Staff Sprint (Big Screen)	6:20 - 6:50 Sprint (Big Screen)	6:40 - 7:10 Family Fitness (11+) (Claudia)	6:30 - 7:00 Pump & Pedal (Clide)	6:20 - 6:50 Sprint (Big Screen)		
7:20 - 7:50 Rise & Shine (Paula)	7:10 - 7:55 The Trip (Big Screen)	7:30 - 8:00 Sprint (Big Screen)	7:20 - 7:50 Sprint (Big Screen)	7:10 - 7:55 The Trip (Charlotte)		
					9:10 - 9:55 Pump & Pedal (Clide)	9:10 - 9:55 Hiit to the Beat (Gonzalo)
					10:15 - 11:00 The Trip (Big Screen)	10:15 - 10:45 Beginner Beats (Big Screen)
					11:20 - 12:05 Keiser Hills & Drills (Imelda)	11:05 - 11:50 Rhythm Cycle (Cassie)
12:15 - 12:45 Staff Sprint (Big Screen)	12:15 - 12:45 Staff Sprint (Big Screen)	12:15 - 13:00 Staff The Trip (Big Screen)	12:15 - 12:45 Staff Sprint (Claudia)	12:15 - 13:00 Staff The Trip (Big Screen)	12:20-12:50 Sprint (Big Screen)	12:10-12:40 Family Fitness (11+) (Big Screen)
13:30 - 14:00 Staff RPM (Big Screen)	13:30 - 14:00 Staff RPM (Big Screen)	13:20 - 13:50 Staff Sprint (Big Screen)	13:30 - 14:15 Staff The Trip (Big Screen)	13:30 - 14:00 Staff Beginner Session (Big Screen)	13:10 - 13:55 Family (11+) Combo Fitness (Anna) (13:55-14:15 Club Room)	13:00 - 13:30 Sprint (Big Screen)
					14:15 - 14:45 Sprint & Stretch Combo (Anna) (14:45-15:15 Club Room)	14:00 - 14:50 RPM (Big Screen)
					15:05- 15:50 The Trip (Big Screen)	15:30 - 16:15 The Trip (Big Screen)
16:45 - 17:15 Staff RPM (Cassie)	17:00 - 17:40 DC Boarders (Mr Delaney)	17:20 - 17:50 Staff 50+ RPM (Big Screen)	17:00 - 17:45 DC Boarders (Mr Delaney)	16:00 - 16:45 Staff The Trip (Big Screen)	16:10 - 16:40 RPM (Big Screen)	16:40 - 17:10 Beginner Induction (Zach)
17:35 - 18:05 Staff Sprint (Big Screen)	17:55 - 18:25 50+ RPM (Big Screen)	18:10 - 18:40 Sprint (Anna)	18:15 - 18:45 BodyBlast Cycle (Nathaniel)	17:10 - 17:40 Staff Sprint (Big Screen)	17:00 - 17:30 Sprint (Big Screen)	17:30 - 18:00 Beginner Beats (Zach)
	18:40-19:10 Combo Class (Paula) (19:10-19:50 Club Room)	19:00 - 19:30 Bodyblast Abs Attack (Nathaniel) (19:30-20:00 Club Room)	19:05 - 19:35 Sprint (Big Screen)	18:00 - 18:40 Beginner Beats (Big Screen)		18:20 - 19:10 Keiser Hills & Drills (Zach)
18:30 - 19:15 The Trip (Imelda)	19:30 - 20:15 The Trip (Charlotte)	19:50 - 20:35 The Trip (Cassandra)	20:00 - 20:45 Hiit to the Beat (Gonzalo)	19:00 - 19:45 RPM (Cassie)		19:30 - 20:00 Sprint (Big Screen)
19:35 - 20:20 Cyclist Session (Bruno)	21:05 - 21:50 Pump & Pedal (Clide)	20:55 - 21:25 Beginner Induction (Omar)	21:05 - 21:35 Sprint (Big Screen)	20:05 - 21:05 Cyclist Session (Bruno)		20:20 - 21:05 The Trip (Big Screen)
20:40 - 21:30 Hiit to the Beat (Gonzalo)						

Live Instructor	Virtual Instructor	Beginner Session	DC Staff Only Session	DC Student Session	Advanced Sessions	Beginner Sessions
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NOTES:

- Pre-booking is essential - see website for live timetable and online booking
- Big Screen Classes all year round, 2 participants minimum at virtual sessions
- "Staff Only" Big Screen sessions now run throughout College holidays

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)