

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 and 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 and date) so that we can follow the Test & Trace protocol. Please respect staff and fellow members by maintaining 2m distance at all times. Please observe the distancing floor markings and queueing 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. You may now use Club kit, but please sanitise after use. Face coverings are advised except when exercising. Please use contactless card payment, not cash.

Changing Rooms You may now resume use of changing rooms and showers. Please try to maintain distances.

Cycling Studio Arrangements As usual members must book in advance for Cycling Studio sessions. 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 and 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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DULWICH COLLEGE
THE SPORTS CLUB

Cycling Studio 

FREE
with Sports Club
membership

Cycling Studio Programme

1 September - 30 December 2021



Cycling Class Programme: 1 September - 30 December 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|---|--|--|
| 6:30 - 7:00 Sprint (Big Screen) | 6:20 - 6:50 Sprint (Big Screen) | 6:20 - 7:05 The Trip (Big Screen) | 6:20 - 6:50 RPM (Big Screen) | 6:20 - 6:50 Sprint (Big Screen) | | |
| 7:15 - 7:45 Rise & Shine (Paula) | 7:10 - 7:55 The Trip (Big Screen) | 7:30 - 8:00 Sprint (Big Screen) | NEW 7:00 - 7:45 Cyclist Session (Bruno) | | | |
| | | | | | 9:10 - 9:55 Pump & Pedal (Clide) | 9:10 - 9:55 Hiit to the Beat (Gonzalo) |
| | | | | | NEW 10:15 - 11:00 Family (14+) Cycle (Omar) | 10:15 - 10:45 Beginner Beats (Big Screen) |
| | | | | | NEW 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 RPM (Cassie) | 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) | 12:10-12:55 Family 14+ The Trip (Big Screen) |
| 13:20 - 13:50 Staff RPM (Big Screen) | 13:20 - 13:50 Staff RPM (Big Screen) | 13:20 - 13:50 Staff Sprint (Big Screen) | 13:20 - 14:05 Staff The Trip (Big Screen) | 13:20 - 13:50 Staff Beginner Session (Big Screen) | 13:10-13:55 14+ Cycling (Big Screen) | 13:15 -13:45 Family 14+ Sprint (Big Screen) |
| | 15:15 - 15:45 Staff Sprint (Big Screen) | | | 15:15 - 15:45 Staff Sprint (Big Screen) | | 14:00 - 14:50 Family 14+ 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 (Big Screen) | | 17:20 - 17:50 Staff 50+ RPM (Big Screen) | | 16:00 - 16:45 Staff The Trip (Big Screen) | 16:10 - 16:40 RPM (Big Screen) | 16:40 - 17:10 Beginner Induction (Zach) |
| 17:50 - 18:35 The Trip (Big Screen) | 17:55 - 18:40 The Trip (Cassandra) | 18:10 - 18:40 Sprint (Claudia) | 18:15 - 18:45 BodyBlast Cycle (Nathaniel) | 17:10 - 17:40 Staff Sprint (Big Screen) | 17:00 - 17:30 Sprint (Big Screen) | 7:25 - 18:10 Keiser Hills & Drills (Zach) |
| 18:50 - 19:35 Cyclist Session (Bruno) | 18:55-19:25 Cycle Sprint (Paula) | 19:00 - 19:30 Bodyblast Abs Attack (Nathaniel) (19:30-20:00 Club Room) | 19:05 - 19:35 Sprint (Big Screen) | 18:00 - 18:45 RPM (Cassie) | | 18:30 - 19:00 RPM (Big Screen) |
| 20:00 - 20:45 Hiit to the Beat (Gonzalo) | 19:35 - 20:05 Sprint (Big Screen) | 19:50 - 20:35 Beginner's Club (Omar) | 20:00 - 20:45 Hiit to the Beat (Gonzalo) | 19:05 - 19:45 Beginner Beats (Big Screen) | | 19:30 - 20:00 Sprint (Big Screen) |
| 20:50 - 21:20 Sprint (Big Screen) | 20:15 - 21:00 Pump & Pedal (Clide) | 20:55 - 21:25 Sprint (Big Screen) | 21:05 - 21:35 Sprint (Big Screen) | 20:05 - 21:05 Cyclist Session (Bruno) | | 20:20 - 21:05 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
- Big Screen Classes all year round, 2 participants minimum
- "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)