

Spin Class Programme: 24 October - 21 December 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:30 Morning Spin (Virtual Instructor)	7:00 - 7:45 The Trip (Virtual Instructor)	7:00 - 7:45 Cyclist Session (Bruno)	6:45 - 7:15 Morning Spin (Virtual Instructor)	7:00 - 7:45 DC Squad Session (Mr Brown)	9:15 - 10:00 The Trip (Virtual Instructor)	9:45 - 10:15 Sprint (Virtual Instructor)
			7:30 - 8:00 Sprint (Virtual Instructor)		10:15 - 11:00 Beginner's Club (Omar)	10:30 - 11:15 Sunday Ride (Omar)
12:15 - 12:45 Staff Spin (Virtual Instructor)					11:15 - 12:00 Saturday Ride (Omar)	11:30 - 12:15 Rhythm Cycle (Omar)
13:30 - 14:00 Staff Spin (Virtual Instructor)	12:15 - 12:45 Staff Spin (Virtual Instructor)	12:15 - 12:45 Staff Spin (Virtual Instructor)	12:15 - 12:45 Lunchtime Ride (Claudia)	12:15 - 12:45 Staff Spin (Virtual Instructor)		12:30 - 13:00 Sprint (Virtual Instructor)
16:15 - 16:45 Staff Spin (Virtual Instructor)	15:15 - 15:45 Staff Spin (Virtual Instructor)	13:15 - 13:45 Staff Spin (Virtual Instructor)		13:15 - 13:45 Staff Spin (Virtual Instructor)	14:30 - 15:15 The Trip (Virtual Instructor)	
17:00 - 17:30 DC Boarders (Virtual Instructor)	16:05 - 16:50 DC Student Spin Club	17:15 - 17:45 Staff Spin (Claudia)	16:15 - 17:00 Staff The Trip (Virtual Instructor)	15:15 - 15:45 Staff Spin (Virtual Instructor)		15:45 - 16:30 The Trip (Virtual Instructor)
17:50 - 18:35 The Trip (Virtual Instructor)	17:00 - 17:45 Staff The Trip (Virtual Instructor)	18:00 - 18:45 Midweek Medley (Claudia)	18:00 - 18:30 Sprint (Virtual Instructor)	16:00 - 16:30 Staff Spin (Virtual Instructor)		
18:45 - 19:45 Cyclist's Session (Bruno)	18:00 - 18:45 Energize Cycle (Cassandra)	19:00 - 20:00 BodyBlast Back (Nathaniel) Combo Class	19:00 - 19:30 BodyBlast Cycle (Nathaniel)	18:15 - 19:00 TGIF Fun (Omar)	17:00 - 17:30 Sprint (Virtual Instructor)	17:30 - 18:15 The Trip (Virtual Instructor)
20:00 - 20:45 The Trip (Virtual Instructor)	19:00 - 19:45 The Trip (Virtual Instructor)	20:00 - 20:45 Beginner's Club (Omar)		19:20 - 20:20 Cyclist's Session (Bruno)		19:15 - 19:45 Sprint (Virtual Instructor)
21:00 - 21:30 Sprint (Virtual Instructor)	20:30 - 21:00 Sprint (Virtual Instructor)	21:00 - 21:30 Sprint (Virtual Instructor)	20:30 - 21:15 The Trip (Virtual Instructor)	20:30 - 21:00 Beginner Beats (Virtual Instructor)		20:00 - 20:45 The Trip (Virtual Instructor)

Live Instructor	Les Mills 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
- Instructor led classes are replaced by Les Mills Big Screen Virtual Instructor sessions during the Easter, Summer and Christmas class breaks
- Les Mills Big Screen Classes all year round, 2 participants minimum
- "Staff Only" Les Mills 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 **£13** (45 mins) and **£11** (30 mins)
NEW: Big Screen Classes **£5** for A Card Holders