Dulwich Park Sport and Physical Activity Opportunities

• Cricket Nets (Practice only) and Pitches
• 3x11 a side Football Pitch- Booking Required
• 4 Tennis Courts – Free of Charge
• Running Route
• Outdoor Table Tennis Tables
• Basketball Courts
• Bowling Green
• Outdoor Gym

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| Jelly Belly           | Fitness      | Pre and post-natal support women during pregnancy and after the birth of their baby | Mondays 11am - 12pm  
Thursdays 10am - 11am  
Saturdays 9am - 10am |
| Bodyfit Bootcamp      | Fitness      | Women only bootcamp                                                                   | Monday, Wednesday,  
Friday 9:30am                                |
| British Military Fitness | Fitness     | To get people of all fitness abilities outdoors training in parks, with motivation provided by military trained instructors | Tuesday 9:30am  
Thursday 9:30am  
Saturday 08:30 and 10am |
| Dulwich Pulse Bootcamp | Fitness      | Intensive fitness transformation bootcamp. Open to all fitness levels of both men and women | Monday 6:15-7:15pm  
Thursday 6:15-7:15pm  
Saturday 9-10am  
Sunday 9-10am |
| Dulwich Park Runners  | Running club | Range of ages and abilities just need to enjoy running in a friendly, informal atmosphere. | Tuesday and Thursdays  
7:30pm  
All ages                                      |
| Parkrun               | 5K           | It is a 5km run - it’s you against the clock                                        | Saturday 9am                                |
| BMF Walk fit          | Walking Fitness | A low impact outdoor workout involving bodyweight exercises mingled with brisk walking | Tuesday, Thursday  
9:30am -10:30am  
Saturday 10:00-11:00am |
| Pilates Club          | Pilates       | Pilates in the Frances Peek Community Centre                                         | Thursday 9:30am  
and11:30am  
Friday 9:30am - 10:30am |

There are also a variety of other sporting and physical activity activities that take place throughout the week throughout the park

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For more details, please contact sports@southwark.gov.uk