

STUDIO CLASS TIMETABLE

Christmas break
 Saturday 16 December - Friday 5 January 2023
 *Ethos will be closed 23 December 2023 - 1 January 2024 inclusive

MOVE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Saturday 16 December - Friday 22 December	Morning	07:15 - 07:45 SPIN ALT	07:15 - 07:45 ST TOTAL BODY BLITZ ALT	07:15 - 07:45 ST CIRCUITS ALT	07:15 - 07:45 HIIT ALT	07:15 - 08:00 ST KETTLEBELLS ALT	09:00 - 09:45 ST CIRCUITS ALT	09:00 - 09:45 ST CIRCUITS ALT
	Lunch		13:00 - 13:30 ST HIIT ALT		12:00 - 12:45 ST CIRCUITS ALT	12:00 - 12:30 SPIN ALT	11:45 - 12:15 SPIN ALT	11:45 - 12:15 HIIT ALT
	Evening		17:15 - 18:00 ST BOXFIT ALT	17:15 - 17:45 HIIT ALT	17:15 - 18:00 ST BOOT CAMP ALT		13:00 - 13:45 ST STRENGTH ALT	
Closure Saturday 23 December - Tuesday 2 December		Closed						
Week 2 Tuesday 2 January - Friday 5 January	Morning		07:15 - 07:45 ST TOTAL BODY BLITZ ALT	07:15 - 07:45 ST CIRCUITS ALT	07:15 - 07:45 HIIT ALT	07:15 - 08:00 ST KETTLEBELLS ALT		
	Lunch		13:00 - 13:30 ST HIIT ALT		12:00 - 12:45 ST CIRCUITS ALT	12:00 - 12:30 SPIN ALT	13:00 - 13:45 ST STRENGTH ALT	
	Evening		17:15 - 18:00 ST BOXFIT ALT	17:15 - 17:45 HIIT ALT	17:15 - 18:00 ST BOOT CAMP ALT	17:15 - 17:45 HIIT ALT		

All information correct at time of print. Instructors may change. See website for up to date information. Last updated November 2023

- Cardio
- Strength
- High Intensity
- Mind & Body

All classes will take place in Ethos Studio unless **ST**(SW7) symbol is shown

ALT - Active Lifestyles Instructors
 EXT - External Instructors

Ethos is fully cashless
 Classes must be booked & paid for in advance online.
<https://www.imperial.ac.uk/sport/members>

