

STUDIO CLASS TIMETABLE

Summer Term
 Saturday 27 April - Friday 28 June
 There are no classes on the May Bank Holidays (6 & 27 May)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	07:15 - 07:45 SPIN ALT	07:15 - 08:00 LES MILLS BODY PUMP EXT	07:15 - 07:45 CIRCUITS ALT	07:15 - 08:00 LES MILLS BODY PUMP EXT	07:15 - 08:00 KETTLEBELLS ALT		
	08:00 - 09:00 YOGA EXT	08:00 - 09:00 PILATES EXT	08:00 - 09:00 YOGA EXT			09:00 - 09:45 LEARN TO LIFT ALT	09:00 - 09:45 LEARN TO LIFT ALT
Lunchtime	12:15 - 13:00 LES MILLS BODY PUMP EXT	12:15 - 13:00 LES MILLS BODYCOMBAT EXT	12:15 - 13:00 LEGS, BUMS & TUMS EXT	12:00 - 12:45 CIRCUITS ALT	12:00 - 12:30 SPIN ALT	11:45 - 12:15 SPIN ALT	11:45 - 12:15 HIIT ALT
		13:00 - 13:45 [PG] LEARN TO LIFT ALT		12:15 - 13:00 LES MILLS BODY PUMP EXT		12:30 - 13:30 YOGA EXT	12:30 - 13:30 YOGA EXT
	13:15 - 14:00 YOGA EXT	13:15 - 14:00 BARRE EXT	13:15 - 14:00 LES MILLS BODY PUMP EXT	13:15 - 14:00 YOGA EXT	13:00 - 13:45 STRENGTH ALT		
					13:00 - 14:00 PILATES EXT		
Evening	17:00 - 18:00 ZUMBA EXT	17:00 - 18:00 VINYASA FLOW YOGA EXT	17:15 - 18:00 BARRE EXT	17:00 - 18:00 ZUMBA EXT	17:15 - 18:00 LES MILLS BODY PUMP EXT		
	18:00 - 19:00 PILATES EXT	18:15 - 19:00 LES MILLS BODYPUMP EXT	18:15 - 19:00 LES MILLS BODY ATTACK EXT	18:00 - 19:00 PILATES EXT	18:15 - 19:00 LES MILLS BODY COMBAT EXT		
	19:00 - 19:30 TOTAL BODY BLITZ ALT	19:00 - 19:45 BOXFIT ALT	19:15 - 19:45 SPIN ALT	19:00 - 19:45 BOOTCAMP ALT	19:00 - 19:30 TOTAL BODY BLITZ ALT		

All information correct at time of print. Instructors may change. See website for up to date information. Last updated April 2024

- Cardio
- Strength
- High Intensity
- Mind & Body

All classes will take place in Ethos Studio unless **SW7** or **PG** (Performance Gym) 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>

