

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<div>Week 1</div> <div>Saturday 13 December - Monday 22 December</div>	Morning	07:15 - 07:45 SPIN ALT	07:15 - 07:45 HIIT ALT	07:15 - 07:45 S1 CIRCUITS ALT	07:15 - 07:45 HIIT ALT	07:15 - 08:00 S1 KETTLEBELLS ALT	09:00 - 09:45 S1 BOXFIT ALT	09:00 - 09:45 S1 KETTLEBELLS ALT	
	Lunch						12:00 - 12:30 SPIN ALT		
		13:00 - 13:30 HIIT *No class on 22/12/25				12:00 - 12:45 S1 STRENGTH ALT	13:00 - 13:30 S1 CARDIO BLITZ ALT	11:45 - 12:15 SPIN ALT	11:45 - 12:15 TOTAL BODY BLITZ ALT
	Evening	17:15 - 18:00 LEGS, BUMS & TUMS *No class on 22/12/25		17:15 - 17:45 HIIT ALT	17:15 - 18:00 S1 BOOT CAMP ALT				
<div>Closure</div> <div>Tuesday 23 December - Friday 2 January</div>		Closed							
<div>Week 2</div> <div>Saturday 3 January - Friday 4 January</div>	Morning						09:00 - 09:45 S1 BOXFIT	09:00 - 09:45 S1 KETTLEBELLS ALT	
	Lunch						11:45 - 12:15 SPIN ALT	11:45 - 12:15 TOTAL BODY BLITZ ALT	
	Evening								

Cardio

High Intensity

Strength

Mind & Body

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

All information correct at time of print. Instructors listed are the usual instructor and may change without notice.
See website for up to date information. Last updated December 2025

