<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>Pilates *EB&lt;br&gt; Ethos Studio&lt;br&gt; 9.30-10.30&lt;br&gt; Rachel</td>
<td>Body Mix *EB&lt;br&gt; Ethos Studio&lt;br&gt; 12.00-13.00&lt;br&gt; Sophie</td>
<td>Badminton&lt;br&gt; Ethos Sports Hall&lt;br&gt; 12.00-14.00</td>
<td>Basketball Drop-in&lt;br&gt; Ethos Sports Hall&lt;br&gt; 12.00-14.00</td>
<td>5-a-side Football Drop-in&lt;br&gt; Ethos&lt;br&gt; 12.00-14.00</td>
<td>Basketball Drop-in&lt;br&gt; Ethos Sports Hall&lt;br&gt; 08.00-10.00</td>
<td>Badminton Drop-in&lt;br&gt; Ethos Sports Hall&lt;br&gt; 08.00-10.00</td>
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<tr>
<td>Badminton&lt;br&gt; Ethos Sports Hall&lt;br&gt; 12.00-13.00</td>
<td>Boules&lt;br&gt; Princes Gardens&lt;br&gt; 12.00-13.00</td>
<td>Insanity * EB&lt;br&gt; Hammersmith Wolfson Breakout area&lt;br&gt; 12.00-12.30</td>
<td>Yoga *EB&lt;br&gt; Hammersmith Wolfson Breakout area&lt;br&gt; 12.00-13.00</td>
<td>Tennis**&lt;br&gt; Hyde Park&lt;br&gt; 13.00-14.00</td>
<td>Tagged Rugby&lt;br&gt; Meet at Ethos&lt;br&gt; 12.00-13.00</td>
<td>Basketball&lt;br&gt; Sports Hall&lt;br&gt; 14.00-15.00</td>
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<td>Walking Group&lt;br&gt; Charing Cross (Meet at Reynolds Building)&lt;br&gt; 12.30-13.30</td>
<td>Basketball&lt;br&gt; Ethos Sports Hall&lt;br&gt; 13.00-14.00</td>
<td>Stretch and Core *EB&lt;br&gt; Hammersmith Wolfson Breakout area&lt;br&gt; 12.30-13.00</td>
<td>Creative Meditation *EB&lt;br&gt; SALC - See EB for room location&lt;br&gt; 13.15-13.45&lt;br&gt; Celine</td>
<td>Open Access Table Tennis&lt;br&gt; Dalby Court/Queens Tower</td>
<td>5-a-side Football&lt;br&gt; Ethos Sports Hall&lt;br&gt; 15.00-16.00</td>
<td>Open Access Table Tennis&lt;br&gt; Dalby Court/Queens Tower</td>
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<tr>
<td>Open Access Table Tennis&lt;br&gt; Dalby Court/Queens Tower</td>
<td>Tai Chi *EB&lt;br&gt; Hammersmith Wolfson Breakout Area&lt;br&gt; 12.00-13.00</td>
<td>Open Access Table Tennis&lt;br&gt; Dalby Court/Queens Tower</td>
<td>Open Access Table Tennis&lt;br&gt; Dalby Court/Queens Tower</td>
<td>Climbing Unsupervised***&lt;br&gt; Climbing Wall&lt;br&gt; 18.00-20.00</td>
<td>Open Access Table Tennis&lt;br&gt; Dalby Court/Queens Tower</td>
<td>Swimming&lt;br&gt; Ethos Pool&lt;br&gt; 15.00-16.00</td>
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<td>Swimming&lt;br&gt; Ethos Pool&lt;br&gt; 18.00-19.00</td>
<td>Open Access Table Tennis&lt;br&gt; Dalby Court/Queens Tower</td>
<td>Basketball&lt;br&gt; Ethos Sports Hall&lt;br&gt; 18.00-19.00</td>
<td>Table Tennis&lt;br&gt; Ethos 5th Court&lt;br&gt; 17.00-18.00</td>
<td>Spin *EB&lt;br&gt; Ethos Studio&lt;br&gt; 15.30-16.00&lt;br&gt; ALT</td>
<td>Table Tennis&lt;br&gt; Ethos 5th Court&lt;br&gt; 15.00-16.00</td>
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<td>Climbing Beginners/&lt;br&gt; Advanced***&lt;br&gt; Ethos 5th Court&lt;br&gt; 18.00-20.00&lt;br&gt; (July &amp; September Only)</td>
<td>Squash&lt;br&gt; Ethos&lt;br&gt; 19.00-20.00</td>
<td>Squash&lt;br&gt; Ethos&lt;br&gt; 18.00-19.30</td>
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<td>Swimming&lt;br&gt; Ethos Pool&lt;br&gt; 18.00-19.00</td>
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<td>Yoga *EB&lt;br&gt; Ethos Studio&lt;br&gt; 16.00-17.00&lt;br&gt; Tom &amp; Sima</td>
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*EB book via Eventbrite to attend these classes. You must have an Active Imperial membership to attend these with this being checked before each class. Sign up here: https://www.imperial.ac.uk/sport/be-active/active-imperial/

** Classes running weather permitting.

*** Climbing card required. All climbing sessions have limited places. The Monday climbing classes will take place using the following timetable and will not be running in August:

**Beginners Climbing:**
1, 15, 29 July and 16 September

**Advanced Climbing:**
8, 22 July and 9, 23 September
Achieve the optimum work-life balance by using physical activity as a tool to improve your physical, social and emotional wellbeing.

5 Ways to Wellbeing

The 5 Ways have been devised as a simple evidence-based model to help improve wellbeing. See how you can incorporate these into your everyday life.

CONNECT
with friends, family and people around you

KEEP LEARNING
maintain interest and mental agility

TAKE NOTICE
be curious, savor the moment

GIVE/SHARE
with those around you, from a smile to time

BE ACTIVE
maintain and improve physical fitness

Be active with our range of drop-in sport sessions, exercise classes, intra-mural sport and friendly competition. Get fit the fun way.

move more, feel better
join today for £15 per term
www.imperial.ac.uk/sport/be-active