

# STUDIO CLASS TIMETABLE

Autumn Term  
Saturday 28 September - Friday 13 December



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	07:15 - 07:45 <b>SPIN</b> ALT	07:15 - 08:00 <b>LES MILLS BODY ATTACK</b> NICOLAS	07:15 - 07:45 <b>CIRCUITS</b> ALT	07:15 - 08:00 <b>LES MILLS BODY PUMP</b> KEITH	07:15 - 08:00 <b>KETTLEBELLS</b> ALT		
	08:00 - 09:00 <b>YOGA</b> SIMA	09:00 - 10:00 <b>PILATES</b> RACHEL	08:00 - 09:00 <b>YOGA</b> SIMA			09:00 - 09:45 <b>BOXFIT</b> ALT	09:00 - 09:45 <b>KETTLEBELLS</b> ALT
Lunchtime	12:15 - 13:00 <b>LES MILLS BODY PUMP</b> MARLON	12:15 - 13:00 <b>LES MILLS BODYCOMBAT</b> NICOLAS	12:15 - 13:00 <b>LEGS, BUMS &amp; TUMS</b> ANGELA	12:00 - 12:45 <b>STRENGTH</b> ALT	12:00 - 12:30 <b>SPIN</b> ALT	11:45 - 12:15 <b>SPIN</b> ALT	11:45 - 12:15 <b>TOTAL BODY BLITZ</b> ALT
		13:00 - 13:45 <b>[PG] LEARN TO LIFT</b> ALT		12:15 - 13:00 <b>LES MILLS BODY ATTACK</b> NICOLAS	13:00 - 13:30 <b>CARDIO BLITZ</b> ALT	12:30 - 13:30 <b>YOGA</b> SIMA	12:30 - 13:30 <b>YOGA</b> PAULO
	13:15 - 14:00 <b>YOGA</b> GEORGINA	13:15 - 14:00 <b>ZUMBA</b> BECKY	13:15 - 14:00 <b>LES MILLS BODY PUMP</b> CELIA	13:15 - 14:00 <b>YOGA</b> SIMA	13:00 - 14:00 <b>PILATES</b> RACHEL		
Evening	16:00 - 16:45 <b>LEGS, BUMS &amp; TUMS</b> ANGELA		16:00-16:45 <b>BODY TONE</b> RACHEL				
	17:00 - 18:00 <b>ZUMBA</b> ANNALISA	17:00 - 18:00 <b>VINYASA FLOW YOGA</b> MARIA	17:15 - 18:00 <b>BARRE</b> RACHEL	17:00 - 18:00 <b>ZUMBA</b> ANNALISA	17:15 - 18:00 <b>LES MILLS BODY PUMP</b> CELIA		
	18:15 - 19:15 <b>PILATES</b> JENNIFER	18:15 - 19:00 <b>LES MILLS BODYPUMP</b> CELIA	18:15 - 19:00 <b>LES MILLS BODY ATTACK</b> CELIA	18:15 - 19:15 <b>PILATES</b> DEBRA	18:15 - 19:00 <b>LES MILLS BODY COMBAT</b> KEITH		
	19:00 - 19:30 <b>TOTAL BODY BLITZ</b> ALT	19:15 - 20:00 <b>BOXFIT</b> ALT	19:15 - 19:45 <b>SPIN</b> ALT	19:00 - 19:45 <b>BOOTCAMP</b> ALT			

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 September 2024

Cardio
  High Intensity
  Strength
  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>

