

# STUDIO CLASS TIMETABLE

Summer Vacation  
 Saturday 29 June - Friday 27 September  
 There are no classes on the August Bank Holiday (26 August)



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

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

