

STUDIO CLASS TIMETABLE

Festive break
 Saturday 14 December - Friday 3 January
 Ethos will be closed at 17:00 on Friday 20 December until 07:00 on Thursday 2 January



		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Saturday 14 December - Friday 20 December	Morning	09:00 - 09:45 BOXFIT ALT	09:00 - 09:45 KETTLEBELLS ALT	07:15 - 07:45 SPIN ALT	07:15 - 07:45 HIIT ALT	07:15 - 07:45 CIRCUITS ALT	07:15 - 07:45 HIIT ALT	07:15 - 08:00 KETTLEBELLS ALT
	Lunch	11:45 - 12:15 SPIN ALT	11:45 - 12:15 TOTAL BODY BLITZ ALT		13:00 - 13:45 [PG] LEARN TO LIFT ALT		12:00 - 12:45 STRENGTH ALT	13:00 - 13:30 CARDIO BLITZ ALT
	Evening			17:15 - 18:00 LEGS, BUMS & TUMS ALT	17:15 - 18:00 BOXFIT ALT	17:15 - 17:45 SPIN ALT	17:15 - 18:00 BOOT CAMP ALT	
Closure Saturday 21 December - Wednesday 1 January		Closed						
Week 2 Thursday 2 January - Friday 3 January	Morning						07:15 - 07:45 HIIT ALT	07:15 - 08:00 KETTLEBELLS ALT
	Lunch						12:00 - 12:45 STRENGTH ALT	13:00 - 13:30 CARDIO BLITZ ALT
	Evening						17:15 - 18:00 BOOT CAMP ALT	17:15 - 18:00 LEGS, BUMS & TUMS 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 December 2024.

	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>

