

FITNESS CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	GRIT Series	Energia spin	GRIT Series	Body pump			
8:00	Yoga	Pilates			Yoga		
9:00							
10:00						Impetus spin	
11:00			Yoga	Yoga			
12:00	Body pump		Legs, Bums & Tums	Energia spin	Body attack		
13:00	Pilates	GRIT Series	Impetus circuits [Gym]	Boxing Fit	Vinyasa flow yoga	Yoga	Insanity
14:00		Body core	Pilates		Insanity [SH]		
15:00							
16:00	Zumba		Body pump		GRIT Series		
17:00	Energia spin	Vinyasa flow yoga	Energia spin	Insanity	Body pump		Body Jam
18:00	Body attack	Kondi [SH]	Body attack	Pilates	Body combat		
19:00		Body pump					
20:00	Yoga			Zumba			

Locations SH – Sports Hall PR – Performance room Gym – Gym All other classes are in the Energia Studio

Find your perfect class

With over 40 classes a week, you're sure to find your perfect fitness match at Ethos

CONTACT DETAILS

Classes can be booked online or through the Ethos reception on 020 7594 6660.

For more information about Ethos memberships, please visit: sportimperial.co.uk/health-and-fitness/membership

Body Attack

Build strength and stamina with high intensity interval training which combines athletic movement, strength and stabilisation.

Body Combat

An energetic cardio workout inspired by martial arts.

Body Jam

Shape up with this dance-based class.

Body Pump

A weight training based class using a barbell and step.

Circuits

Energetic, fun and guaranteed to get your heart rate pumping. Classes include boxing, VIPR training and medicine ball workouts.

Body Core

Hardcore workouts that will help improve posture, flexibility and aids injury prevention.

Spin

A high-energy class taking participants through a mixture of flats, hills and sprints.

LES MILLS GRIT Series

30-minute high-intensity interval training (HIIT) workouts.

Insanity

Group-focused athletic training, cardio conditioning and total-body strength workouts.

Kondi

An upbeat and energetic class designed to get the heart pumping and muscles working.

Legs, Bums and Tums

LBT develops core strength in this 45-minute class.

Pilates

A dynamic full-body stretch and deep core workout.

Vinyasa Flow Yoga

A vibrant yoga practice that connects the breath and postures together to create a fluidity in your movement.

Yoga

A powerful mix of Astanga movements as well as more gentle Hatha stretches and relaxation techniques.

Zumba

A dance-based class suitable for all fitness levels.