

# FITNESS CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	GRIT Series	Barre Sprint8[Gym]	GRIT Series	Body pump	AQUAFIT [P]		
8:00	Yoga	Pilates			Pilates		
9:00							
10:00						Impetus spin	
11:00			Yoga	Yoga			
12:00	Body pump	Circuits [SH]	Legs, Bums & Tums Circuits [Gym]	Energia spin	Body attack	Yoga	Insanity
13:00	Pilates Insanity [SH]	GRIT Series Body core	Pilates	Boxing Fit	Vinyasa flow yoga Insanity [SH]		
14:00				Weightlifting Open Session [Gym]			
15:00							
16:00	Zumba		Body pump		GRIT Series		
17:00	Spin	Vinyasa flow yoga Kondi [SH] Sprint8 [Gym]	Barre	Insanity	Body pump		
18:00	Body attack	Body pump	Body attack	Pilates	Body combat		
19:00							
20:00	Yoga				Zumba		

**Locations** SH — Sports Hall PR — Performance room Gym — Gym P — Pool 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](https://sportimperial.co.uk/health-and-fitness/membership)

sport Imperial

### **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 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.

### **Sprint8**

Short HIIT workouts to suit all levels of athletes. Enter your age, weight and desired activity level and watch as equipment automatically changes speed, elevation or resistance during the workout.

### **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.

**LES MILLS**