

BT1 CLASS TIMETABLE

STARTS DECEMBER 21



QUEEN'S
UNIVERSITY
BELFAST

QUEEN'S
SPORT

MONDAY 21			
Start	Finish	Activity	Location
7.40	8.25	Circuits	ZOOM
10.15	10.45	Ab Blast	ZOOM
12.50	13.20	HIIT(Full Body)	YouTube
15.00	15.45	FunXtion	ZOOM
17.10	17.55	Kettlebells	ZOOM
18.15	18.55	HIFM	ZOOM
19.20	20.00	Circuits	ZOOM

SUNDAY 27			
Start	Finish	Activity	Location
10.30	11.45	Pilates	YouTube
12.05	12.35	HIIT(Full body)	YouTube
13.00	13.30	Ab Blast	YouTube
14.00	14.45	Kettlebell Express	ZOOM

TUESDAY 22			
Start	Finish	Activity	Location
7.30	8.15	Circuits (AMRAP)	ZOOM
10.00	10.30	Core Blast	ZOOM
12.00	12.45	Pilates	YouTube
12.50	13.30	FunXtion	YouTube
16.15	16.40	HIIT(Abs)	ZOOM
17.05	17.45	Circuits	ZOOM
17.30	18.00	Abs of Steel	YouTube
18.10	18.55	Kettlebells	ZOOM
19.20	20.05	FunXtion	ZOOM

WEDNESDAY 23			
Start	Finish	Activity	Location
7.50	8.35	FunXtion	ZOOM
10.00	10.45	Pilates	YouTube
12.05	12.50	Circuits	ZOOM
16.45	17.15	Abs of Steel	YouTube
17.45	18.30	Kettlebells	ZOOM
19.10	20.00	Yoga	YouTube

Book online,
via the Queen's Sport App or



SAFE



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