

BT1 CLASS TIMETABLE

STARTS DECEMBER 14



QUEEN'S
UNIVERSITY
BELFAST

QUEEN'S
SPORT

MONDAY			
Start	Finish	Activity	Location
7.40	8.25	Circuits	ZOOM
10.15	10.45	Ab Blast	ZOOM
12.50	13.30	FunXtion	ZOOM
13.30	14.00	HIIT (Full Body)	YouTube
17.10	17.55	Kettlebells	ZOOM
18.15	18.55	HIFM	ZOOM
19.20	20.00	Circuits	ZOOM

THURSDAY			
Start	Finish	Activity	Location
7.45	8.15	Absolute Abs	YouTube
9.30	10.30	Pilates	YouTube
12.00	12.30	HIIT(Full Body)	YouTube
17.05	17.50	FunXtion	ZOOM
18.15	19.00	Kettlebells	ZOOM
19.05	19.50	Yoga	YouTube
19.20	20.00	Circuits	ZOOM

TUESDAY			
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	ZOOM
17.05	17.35	HIIT(Full Body)	ZOOM
17.30	18.00	Abs of Steel	YouTube
18.00	18.45	Kettlebells	ZOOM
18.30	19.30	Yoga	YouTube
19.15	20.00	FunXtion	ZOOM

FRIDAY			
Start	Finish	Activity	Location
7.40	8.30	Kettlebells	Main Hall
12.30	13.20	Circuits	ZOOM
13.30	14.00	Ab Blast	YouTube
17.00	17.25	HIIT (Full body)	YouTube
17.30	18.15	FunXtion	ZOOM
18.45	19.30	Kettlebells	ZOOM

WEDNESDAY			
Start	Finish	Activity	Location
7.50	8.35	FunXtion	ZOOM
10.45	11.15	Core Blast	ZOOM
12.05	12.50	FunXtion	ZOOM
16.45	17.15	Abs of Steel	YouTube
17.30	18.20	Circuits	ZOOM
18.50	19.35	Kettlebells	ZOOM
19.10	20.00	Yoga	YouTube

SATURDAY			
Start	Finish	Activity	Location
10.40	11.25	Pilates	YouTube
11.40	12.25	Circuits	ZOOM
12.50	13.35	FunXtion	ZOOM
14.00	14.30	Abs of Steel	YouTube
14.50	15.35	Kettlebell Express	ZOOM

SUNDAY			
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
14.45	15.30	Kettlebell Express	ZOOM

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via the Queen's Sport App or



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