

BT1 CLASS TIMETABLE

STARTS DECEMBER 28



QUEEN'S
UNIVERSITY
BELFAST

QUEEN'S
SPORT

MONDAY 28			
Start	Finish	Activity	Location
7.40	8.25	Circuits	ZOOM
10.15	11.00	Pilates	ZOOM
12.50	13.20	HIIT (Full Body)	YouTube
15.00	15.45	FunXtion	ZOOM
16.30	17.15	Kettlebells	Internal
18.15	18.55	Pilates	YouTube

TUESDAY 29			
Start	Finish	Activity	Location
7.30	8.15	Circuits (AMRAP)	YouTube
10.00	10.30	Core Blast	YouTube
12.00	12.45	Pilates	ZOOM
13.45	14.15	HIIT(Abs)	ZOOM
16.00	16.40	FunXtion	ZOOM
17.00	17.40	Circuits	YouTube
17.30	18.00	Abs of Steel	YouTube

WEDNESDAY 30			
Start	Finish	Activity	Location
7.50	8.35	FunXtion	ZOOM
10.00	10.45	Pilates	YouTube
13.30	14.15	Circuits	ZOOM
17.45	18.30	Kettlebells	YouTube
19.10	20.00	Yoga	YouTube

THURSDAY 31			
Start	Finish	Activity	Location
7.45	8.15	Absolute Abs	ZOOM
12.00	12.40	FunXton	ZOOM
13.05	13.35	HIIT (Full Body)	ZOOM
17.30	18.15	Yoga	YouTube

SATURDAY 02			
Start	Finish	Activity	Location
10.30	11.45	Pilates	YouTube
12.05	12.35	HIIT(full body)	ZOOM
13.00	13.30	Ab Blast	ZOOM
14.00	14.45	FunXtion	ZOOM

SUNDAY 03			
Start	Finish	Activity	Location
10.30	11.45	Pilates	YouTube
12.05	12.35	HIIT(full body)	ZOOM
13.00	13.30	Ab Blast	YouTube
14.00	14.45	Kettlebell Express	ZOOM



SAFE



PROFESSIONAL



DISTANCE

queensport.com