




**QUEEN'S
UNIVERSITY
BELFAST**

**QUEEN'S
SPORT**

Active Fitness

Student Accommodation Programme

Event	Activity	Date	Time	Location	Links	QR Code
Nutrition workshops/ Cookery Demo Series	Nutrition/ Wellbeing/ Fitness	Starting Monday 15 th January, every Monday for 6 weeks (no workshop on the 12 th February)	19.30 – 20.30	The Treehouse in Elms Village BT9	https://www.eventbrite.com/e/queens-sport-nutrition-cookery-demo-series-in-bt9-tickets-780037552317?aff=oddtcreator	
Women's Strength Course	Strength/ Fitness / Gym	Starting Tuesday 16 th January, running every Tuesday for 6 weeks	07.30 – 08.30	BT1 Gym	https://www.eventbrite.com/e/womens-strength-course-bt1-tickets-776217877567?aff=oddtcreator	
Strength for all Course	Strength/ Fitness / Gym	Starting Tuesday 16 th January, running every Tuesday for 6 weeks	19.00 – 20.00	BT1 Gym	https://www.eventbrite.com/e/strength-for-all-course-bt1-tickets-776218298827?aff=oddtcreator	

6 Week Yoga Programme	Fitness / Yoga / Holistic	Starting Tuesday 16 th January, running every Tuesday for 6 weeks	19.00 – 20.00	The Treehouse in Elms Village BT9	https://www.eventbrite.com/e/6-week-yoga-programme-bt9-tickets-776210545637?aff=oddtcreator	
Yoga for All Course	Fitness / Yoga / Holistic	Starting Wednesday 17 th January, running every Wednesday for 6 weeks	07.15 – 08.00	Coffee Bar at BT1 Accommodation	https://www.eventbrite.com/e/yoga-for-all-course-bt1-tickets-776209211647?aff=oddtcreator	