



**QUEEN'S  
UNIVERSITY  
BELFAST**

**QUEEN'S  
SPORT**

**Active Fitness**

**Student Accommodation Programme**

Event	Activity	Date	Time	Location	Links	QR Code
Women's Strength Course	Strength/ Fitness / Gym	Starting Tuesday 16 <sup>th</sup> April, running every Tuesday for 6 weeks	07.30 – 08.30	BT1 Gym	<a href="https://www.eventbrite.co.uk/e/873196071957?aff=oddtcreator">https://www.eventbrite.co.uk/e/873196071957?aff=oddtcreator</a>	
Strength for all Course	Strength/ Fitness / Gym	Starting Tuesday 16 <sup>th</sup> April, running every Tuesday for 6 weeks	19.00 – 20.00	BT1 Gym	<a href="https://www.eventbrite.co.uk/e/873193494247?aff=oddtcreator">https://www.eventbrite.co.uk/e/873193494247?aff=oddtcreator</a>	
6 Week Yoga Programme	Fitness / Yoga / Holistic	Starting Wednesday 17 <sup>th</sup> April, running every Wednesday for 6 weeks	17.00 – 18.00	The Treehouse in Elms Village BT9	<a href="https://www.eventbrite.co.uk/e/873199773027?aff=oddtcreator">https://www.eventbrite.co.uk/e/873199773027?aff=oddtcreator</a>	