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Quickstep Fitness
Health Club

Monday	Tuesday	Wednesday	Thursday	Friday
	9.30am DISCOZANIA A 70's inspired fitness workout 30 min		9.30am PILATES Pilates works on postural alignment, core strength & muscle balance 30 min	
10am YOGA Lengthen, strengthen & relaxation Suitable for all levels 1 hour		10am VIRTUAL CLASS Of the week	10.15am TRIGGER POINT PILATES (own Equip)	10am VIRTUAL CLASS Of the week
6pm CLUBBERCISE A 90's rave inspired fitness workout 45 min	6pm YOGA & BEGINNERS Lengthen, strengthen & relaxation Suitable for all levels 1 hour	6pm LEGS BUMS TUMS A full body toning workout 30 min	6pm HIIT/ PUMP High-Intensity Interval Training Barbell/Dumbbells 30 min	6pm BROADWAY BOOGIE Musical inspired fitness workout 30 min