

## August to September 2018 Class Timetable

Day	Class or Course Name	Time (from-to)	Max No.	Components of Fitness
Monday	 <b>SpinCore® Indoor Cycle</b> (Intervals) PAYT	9:15-10:00	10	Cardiovascular Endurance & Core Strength
	<b>Pilates Fitness Chair Course</b> (Advanced)	10:15-11:05	5	Core Strength, Balance & Flexibility
	 <b>Indoor Cycle</b> PAYT	18:00-18:45	15	Cardiovascular Endurance & Leg Strength
	<b>Fitness Fusion</b> (Variable Intensity Intervals V.I.T.) PAYT	19:00-19:40	7	Strength, Agility, Power & Coordination
	<b>Pilates Matwork &amp; Biomechanics Course</b> (Mixed)	19:50-20:45	8	Core Strength, Mobility, Balance & Flexibility
Tuesday	<b>Strength Training Course</b> (V.I.T.)	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	 <b>Indoor Cycle</b> PAYT	09:35-10:20	15	Cardiovascular Endurance & Leg Strength
	<b>CrossCore®RBW Training Course</b> ***NEW***	10:35-11:20	4	Strength, Muscle Endurance & Coordination
	<b>Pilates Matwork &amp; Biomechanics Course</b> (Advanced)	12:20-13:15	8	Core Strength, Mobility, Balance & Flexibility
	 <b>Indoor Cycle</b> PAYT	18:45-19:30	15	Cardiovascular Endurance & Leg Strength
Wednesday	<b>Core 3D Function &amp; Strength Course</b>	19:10-19:55	7	Core Strength, Mobility, & Coordination
	<b>Strength Training Course</b> (V.I.T.)	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	<b>Pilates Matwork Course</b> (Advanced)	09:15-10:15	8	Core Strength, Mobility, Balance & Flexibility
	<b>Pilates Matwork ReGen &amp; Biomechanics Course</b>	10:25-11:25	8	Mobility, Flexibility, Balance & Core Strength
	<b>Pilates Fitness Chair Strength Course</b>	12:30-13:20	5	Strength, Balance & Flexibility
	<b>Kettlebells</b> PAYT	17:45-18:30	7	Strength, Muscle Endurance & Coordination
	<b>Pilates Matwork</b> PAYT	18:45-19:40	8	Core strength, Coordination, Balance & Flexibility
	 <b>Indoor Cycle</b> PAYT	20:00-20:45	15	Cardiovascular Endurance & Leg Strength
Thursday	<b>Strength Training Course</b> (V.I.T.)	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	 <b>SpinCore®</b> PAYT	09:35-10:20	10	Cardiovascular Endurance & Core Strength
Friday	<b>Strength Training Course</b> (V.I.T.)	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	<b>Pilates Matwork</b> PAYT	09:30-10:25	8	Core strength, Coordination, Balance & Flexibility
Saturday	 <b>Indoor Cycle</b> PAYT	07:45-08:30	15	Cardiovascular Endurance & Leg Strength
	<b>Kettlebells</b> PAYT	08:45-09:30	7	Strength, Muscle Endurance & Coordination
Sunday	<b>Seasonal Masterclasses &amp; Courses</b> ***NEW***			



## Terms and Conditions

- **Booking:** All classes must be pre-booked using the website booking button on [www.catbookerfitness.co.uk](http://www.catbookerfitness.co.uk) or for **Courses** contact us for **dates** and **availability** via email
- **Pay As You Train:** (PAYT) is payable by **cash** or **Contactless** at the full per class price. Discounts are given for Class Passes only.
- **Class Passes:** for multiple sessions give a loyalty discount and are available to purchase at **the studios** by credit/debit card or cash. Passes are made available on payment.
- **Cancellations:** **Cancel** a booking via your Booking Bug account if you cannot make it, otherwise a full **class fee applies**. Refer to your email booking confirmation and the website for terms. CBF reserve the right to re-schedule or cancel classes with notice.
- **Courses Payment:** is required at the complete course price, and non-refundable once the course commences.
- These classes are designed for the specific needs of the individuals in mind, with class plans that deliver more tailored progressions and modifications. The benefit of attending the courses is to develop skills maybe in one course or to maintain a longer-term program over several months by re-booking. All existing clients get priority booking. These classes are tailored for groups from 4 to 7 and your place is guaranteed.
- **Classes Location:** 11 High Street, Wendover
- 2 Robert Mews (Spinning - Ground Floor Studio)
- 3 Robert Mews (Functional & Pilates Studio – Upper Floor Studio)
- No joining fee or membership applies
- Passes valid for 6 months
- A No-show or late cancellation is charged the full class price. 4 hours or 16 for classes before noon.
- See website for terms.
- All participants are responsible for their own safety, and **MUST** complete a New Client Form prior to attending any class/course, and update details when there are any changes

### • **PRICES (PAY AS YOU TRAIN – PAYT):**

- Spin® Class PAYT £10
- Functional Class PAYT £8.50
- Pilates Class PAYT £10

### **Pass Prices:**

- Spin® 10 STUDENT PASS £70
- Spin® 10 Class Pass £90
- Spin® 15 Class Pass £120
- Spin® 20 Class Pass £165
- Spin® 25 Class Pass £185

- Pilates 10 STUDENT PASS £80
- Pilates 10 Class Pass £95
- Pilates 15 Class Pass £135
- Pilates 20 Class Pass £180

- Functional Fitness 10 STUDENT PASS £75
- Functional Fitness 10 Class Pass £82.50
- Functional Fitness 15 Class Pass £120
- Functional Fitness 20 Class Pass £160

A Fitness Mix Class Pass is greater value when you **combine** the types of classes you attend across either Spin®, Functional or Pilates.

- Fitness Mix 10 STUDENT PASS £85
- Fitness Mix Class Pass 15 £115
- Fitness Mix Class Pass 20 £150
- Fitness Mix Class Pass 25 £175

(Only applies to mixing classes and not one type only).

\*Valid for 6 months.

### **Courses:**

- Form Pilates Advanced £55 for 5 weeks
- Core3D £68 for 6 weeks
- Pilates Fusion £68 for 6 weeks
- Form Pilates Fitness Chair £70 for 6 weeks
- Form Pilates Bio £75 for 6 weeks
- CrossCore(TM) Rotational Bodyweight Training £85 for 6 weeks
- Strength Training £115 for 16 sessions per month

**“Thank you for training with us”**

**Your Classes will be confirmed by Email & Text**

Email: [formbiomechanics@gmail.com](mailto:formbiomechanics@gmail.com)

[www.catbookerfitness.co.uk](http://www.catbookerfitness.co.uk)

Please email us regards any enquiries or questions about courses or bookings