

April to May 2018 Class Timetable

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

- **Booking:** All classes must be pre-booked using the website booking button on 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.
- **Classes Location:** 11 High Street, Wendover
- 2 Robert Mews (Spinning - Ground Floor Studio)
- 3 Robert Mews (Functional & Pilates Studio – Upper Floor Studio)
- **Prices (Pay As You Train):**
 - £7.50 – Fitness Fusion/Suspension/Kettlebells
 - £8 – Spinning £9.50 – Pilates Matwork
 - **Pass Prices:** £45 – 6 Mixed (valid 3 months). £75 - 10 Spinning / £80 - 11 Mixed / £95 – 11 Pilates Matwork £175 - Big 25 Mixed*(*includes Pilates)
 - **Courses:** £75 –Form PilatesBio (6); £54 – Form Pilates (5); £115 – Strength Training Course (12); £70 – Form Pilates Chair (6); £62 – CORE 3D (6) Pilates Fusion (6)
- No joining fee or membership applies
- Passes valid for 6 months, except 6 class pass
- 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

“Thank you for training with us”
Your Classes will be confirmed by Email & Text

Email: formbiomechanics@gmail.com www.catbookerfitness.co.uk
Please email us regards any enquiries or questions about courses or bookings