

## 2018 January to February Class Timetable

Day	Class or Course Name	Time (from-to)	Components of Fitness
Monday	Pilates Fitness Chair Course (Advanced)	10:15-11:05	Core Strength, Balance & Flexibility
	SPINNING SpinCore® Indoor Cycle (Intervals)	17:00-17:45	Cardiovascular Endurance & Core Strength
	SPINNING Indoor Cycle	18:00-18:45	Cardiovascular Endurance & Leg Strength
	Fitness Fusion (Variable Intensity Intervals V.I.T.)	19:00-19:40	Strength, Agility, Power & Coordination
	Pilates Matwork & Biomechanics Course (Mixed)	19:50-20:45	Core Strength, Mobility, Balance & Flexibility
Tuesday	SPINNING Indoor Cycle	09:35-10:20	Cardiovascular Endurance & Leg Strength
	Core 3D Function & Strength Course	10:35-11:25	Core Strength, Mobility, & Coordination
	Pilates Matwork & Biomechanics Course (Advanced)	12:20-13:15	Core Strength, Mobility, Balance & Flexibility
	SPINNING Indoor Cycle	18:45-19:30	Cardiovascular Endurance & Leg Strength
Wednesday	Core 3D Function & Strength Course	19:10-19:55	Core Strength, Mobility, & Coordination
	Strength Training Course (V.I.T.)	07:00-07:45	Strength, Mobility, Flexibility & Coordination
	Pilates Matwork Course (Advanced)	09:15-10:10	Core Strength, Mobility, Balance & Flexibility
	Pilates Matwork ReGen & Biomechanics Course	10:25-11:20	Mobility, Flexibility, Balance & Core Strength
	Pilates Fitness Chair Strength Course	12:30-13:20	Strength, Balance & Flexibility
	Kettlebells		Strength, Muscle Endurance & Coordination
		17:45-18:30	
Thursday	Pilates Matwork (Book & Pay As You Go)	09:30-10:25	Core strength, Coordination, Balance & Flexibility
	SPINNING Indoor Cycle	20:00-20:45	Cardiovascular Endurance & Leg Strength
	Strength Training Course (V.I.T.)	07:00-07:45	Strength, Mobility, Flexibility & Coordination
	SPINNING SpinCore®	09:35-10:20	Cardiovascular Endurance & Core Strength
	Kettlebells	10:30-11:15	Strength, Muscle Endurance & Coordination
	Pilates Fusion An Equipment Based Course	11:30-12:20	Strength, Flexibility, Balance & Coordination
Friday	Fitness Fusion Circuit ***NEW***	17:15-17:55	Strength, Agility, Power & Coordination
	Suspended Bodyweight Training Circuit	18:00-18:45	Strength, Muscle Endurance & Coordination
	SPINNING Indoor Cycle	19:00-19:45	Cardiovascular Endurance & Leg Strength
	Strength Training Course (V.I.T.)	07:00-07:45	Strength, Mobility, Flexibility & Coordination
	Pilates Matwork (Book & Pay As You Go)	09:30-10:25	Core strength, Coordination, Balance & Flexibility
Saturday	Fusion Suspension & Kettlebells ***NEW***	12:15-13:00	Strength, Muscle Endurance & Coordination
	SPINNING Indoor Cycle	07:45-08:30	Cardiovascular Endurance & Leg Strength
Sunday	Kettlebells	08:45-09:30	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](http://www.catbookerfitness.co.uk) or for Courses contact us for dates and availability via email for courses: [mail@catbooker.me](mailto:mail@catbooker.me)
- **Pay As You Train:** (PAYT) is payable by cash or Contactless at the full per class price.
- **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 at payment.
- **Cancellations:** Cancel a booking if you cannot make it otherwise a full class fee applies and you will receive a 'no-show' email. 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 (Upper Functional & Pilates Studio)
- **Prices (Pay As You Train):**
  - £7.50 –FitnessFusion/Suspension/Kettlebells
  - £8 – Spinning £9.50 – Pilates Matwork
  - **Pass Prices:** £45 – 6 Mixed (valid 3 months). £75 - 10 Spinning / £78 - 11 Mixed / £95 – 11 Pilates Matwork £170 - Big 25 Mixed\*(\*includes Pilates)
  - **Courses:** £75 – PilatesBio (6); £54 – Pilates (5); £99 – Strength Training Course (12); £70 - 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”

email [mail@catbooker.me](mailto:mail@catbooker.me)      [www.catbookerfitness.co.uk](http://www.catbookerfitness.co.uk)  
 Please email us regards any enquiries or queries about courses or bookings