






July & August 2017 Class Timetable

Book Classes: www.catbookerfitness.co.uk

Day	Class Name	Time (from-to)	Trainer	Booking Type
Monday	 Indoor Cycle	6:30-7:15am	Cat	Book Online CBF
	Pilates Fitness Chair Course	10:15-11:05am	Cat	Form (email to book)
	Suspension Bodyweight & Core Training	12.30-1.15pm	Cat	Book Online CBF
	 Indoor Cycle	6-6:45pm	Cat	Book Online CBF
	Functional Fitness Fusion	7-7:45pm	Cat	Book Online CBF
Tuesday	Pilates Matwork Biomechanics Course	7:50-8:45pm	Cat/Jill	Form (email to book)
	Strength Training Course (12 sessions/4 weeks)*	7-7.45am	Cat	CBF (email to book)
	 Indoor Cycle	9:35-10:20am	Cat	Book Online CBF
	CORE 3D Abdominals (6-week course)	10:35-11:20am	Cat	Form (email to book)
	Pilates Matwork Biomechanics Course (Advanced)	12:15-1:15pm	Cat	Form (email to book)
Wednesday	 Indoor Cycle	6:45-7:30pm	Neil	Book Online CBF
	CORE 3D Abdominals (6-week course)	7.15-8pm	Cat	Form (email to book)
	Strength Training Course (12 sessions/4 weeks)	7-7.45am	Cat	Form (email to book)
	Pilates Matwork Biomechanics Course (Advanced)	9:15-10:15am	Cat	Form (email to book)
	Pilates Matwork Biomechanics Course (ReGen)	10:25-11:20am	Cat	Form (email to book)
Thursday	Pilates Fitness Chair Course	12:30-1:20pm	Cat	Form (email to book)
	Pilates Matwork (not course based)	6:45-7:40pm	Cat	Book Online CBF
	 Indoor Cycle	8-8:45pm	Cat	Book Online CBF
	Strength Training Course (12 sessions/4 weeks)	7-7.45am	Cat	Form (email to book)
	 SpinCore® (30 minute Indoor Cycle followed by core training off the bike).	9.35-10.25am	Cat	Book Online CBF
Friday	 Indoor Cycle	7-7:45pm	Laura	Book Online CBF
	Pilates Matwork (not course based)	9:30-10:25am	Cat	Book Online CBF
Saturday	 Indoor Cycle	6.15-7pm	Andrew	Book Online CBF
	 Indoor Cycle	7:45-8:30am	Cat	Book Online CBF
Sunday	Kettlebells	8:50-9:30am	Cat	Book Online CBF
	 Indoor Cycle	9-9:45am	Laura	Book Online CBF
	Pilates Matwork	10-11am	Jill	Book Online CBF

- **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 for courses](mailto:email@catbookerfitness.co.uk)
- **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:** Please cancel a booking if you cannot make it otherwise a full class fee applies and you will receive a 'no-show' email. See your email booking confirmation and the website for terms. CBF reserve the right to re-schedule or cancel
- **Courses Payment:** is required at the complete course price, and non-refundable once the course commences.
- **Classes Location:** 2 Robert Mews (Spinning Studio)
3 Robert Mews (Upper Studio), 11 High Street, Wendover
- **Strength Course 4th July – 10th August**
- **Prices:** £7.50 - Fusion/Suspension/Kettlebells
£8 – Spinning (except the pass)
£9 – Pilates Matwork (except the pass or courses).
- **Pass Prices:** £75 - 10 Spinning / £75 - 11 Mixed / £90 – 11 Pilates / £160 - Big 25 Mixed*
- **Courses:** £75 – Pilates (6); £54 – Pilates (5); £110 – Strength Training Course (12); £70 - Pilates Chair (6); £62 – CORE 3D (6); £72 - Pilates Experience (6).
- No joining fee or membership applies
- *Passes valid for 6 months
- A No-show or late cancellation is charged the full class price. 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 the details if there are any changes.

“Thank you for training with us”
See website for full class and course descriptions.

email mail@catbooker.me www.catbookerfitness.co.uk
Please email us regards any enquiries or queries about courses or bookings