

June to July 2018 Class Timetable

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

Email: formbiomechanics@gmail.com

www.catbookerfitness.co.uk

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



Terms and Conditions

- **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)
 - 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.
- **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:** £75 –Form PilatesBio (6); £54 – Form Pilates (5); £115 – Strength Training Course (12); £70 – Form Pilates Chair (6); £68 – Core3D (6) Pilates Fusion (6); £85 - CrossCore® (5).

“Thank you for training with us”

Your Classes will be confirmed by Email & Text

Email: formbiomechanics@gmail.com

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