



## March 2019 Class & Course Timetable

Day	Class or Course Name	Time (from-to)	Max No.	Components of Fitness	
Monday	SPINCore® Indoor Cycle PAYT	09:15-10:05	10	Cardiovascular Endurance & Leg Strength	
	SpinCore® (30 minutes SPIN) PAYT	09:15-09:45	5	Cardiovascular Endurance & Core Strength	
	Pilates Fitness Chair Course (Peak Pilates™)	10:20-11:10	5	Core Strength, Balance & Flexibility	
	CrossCore®RBW Training Course (Suspension Fitness)	13:00-13:50	4	Strength, Muscle Endurance & Coordination	
	SpinCore® (30 minutes SPIN) PAYT	19:00-19:30	5	Cardiovascular Endurance & Core Strength	
	SPINCore® Indoor Cycle PAYT	17:00-17:45	10	Cardiovascular Endurance & Leg Strength	
	Indoor Cycle PAYT	18:00-18:45	15	Cardiovascular Endurance & Leg Strength	
	Fitness Fusion (V.I.T. Circuits) PAYT	19:00-19:40	7	Strength, Agility, Power & Coordination	
	Pilates Matwork 'Form Pilates' Course	19:50-20:45	8	Core Strength, Mobility, Balance & Flexibility	
Tuesday	Strength & Weight Loss Training Course	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 (Suspension Fitness)	10:40-11:25	4	Strength, Muscle Endurance & Coordination	
	Pilates Matwork 'Foam Roll/TP: 'Form Pilates' Course	12:30-13:25	8	Core Strength, Mobility, Balance & Flexibility	
	Indoor Cycle PAYT	18:45-19:30	15	Cardiovascular Endurance & Leg Strength	
	Core 3D Function & Strength Course	19:00-19:45	7	Core Strength, Mobility, & Coordination	
	YOGA (Taster Class or Course – 4 Tuesdays( Hatha)	20:00-20:50	8	Core Strength, Strength & Flexibility	
	Wednesday	Pilates Matwork Course 'Form Pilates' Course	09:15-10:10	8	Core Strength, Mobility, Balance & Flexibility
		Pilates Matwork ReGen 'Form Pilates' Course	10:25-11:20	8	Mobility, Flexibility, Balance & Core Strength
Pilates Fitness Chair Course (Peak Pilates™) 'Challenge'		12:30-13:20	5	Strength, Balance & Flexibility	
Kettlebells PAYT		17:45-18:30	7	Strength, Muscle Endurance & Coordination	
Pilates Matwork 'Form Pilates' PAYT		18:45-19:40	8	Core strength, Coordination, Balance & Flexibility	
Indoor Cycle PAYT		20:00-20:45	15	Cardiovascular Endurance & Leg Strength	
Thursday		SpinCore® (30 minutes SPIN) PAYT	09:35-10:05	5	Cardiovascular Endurance & Core Strength
		Spin® Functional YOGA Fusion PAYT	09:35-10:35	10	Cardiovascular, Strength, Core Strength, Mobility
		Pilates & Yoga FUSION 'Course'	11:00-11:45	7	Strength, Core Strength, Flexibility
	CrossCore®RBW Training Course (Suspension Fitness)	17:00-17:50	4	Strength, Muscle Endurance & Coordination	
	SPIN Fusion® or Spinning® 45	18:00-18:45	10	Cardiovascular, Strength & Core Strength	
Friday	Pilates Matwork PAYT 'Form Pilates' PAYT	09:30-10:25	8	Core strength, Coordination, Balance & Flexibility	
Saturday	Indoor Cycle PAYT	07:45-08:30	15	Cardiovascular Endurance & Leg Strength	
	Kettlebells PAYT	08:45-09:25	7	Strength, Muscle Endurance & Coordination	

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



## Terms and Conditions

- **Booking:** All classes are bookable to guarantee your place. [www.catbookerfitness.co.uk](http://www.catbookerfitness.co.uk). Please PAY at the STUDIOS
- **Courses** most are bookable by EMAIL, please contact CBF for **dates** and availability. [catbookerfit@gmail.com](mailto:catbookerfit@gmail.com)
- **Pay As You Train:** (PAYT) You can use a pre purchased Class Pass or pay on the day for these classes. Discounts are given for Class Passes only.
  - **Cancellations:** Simply **Cancel** a booking via your Booking Bug account 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.
- **Course Payment:** A course is pre-payable for the whole course and non-refundable once the course commences. Please PAY at the STUDIOS
- **Class Location:** Behind 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.
  - Cancellation is required 4 hours or 16 hours for classes before noon.

NB: 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.

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

Website or to BOOK: [www.catbookerfitness.co.uk](http://www.catbookerfitness.co.uk)

Email to book a Course if it is NOT available on the website Book A Class to get dates and availability.

- **PRICES (PAY AS YOU TRAIN – PAYT):**
- Spin® Class PAYT £10 (ALL formats)
- Functional Class PAYT £8.50 (Kettlebells, Functional Fusion, Suspension Fitness)
- Pilates or YOGA Class PAYT £10 (Pay as you go only)

**Class Credit Pass Prices:** Applies to ALL types of SPIN® Classes

- Spin® 10 STUDENT PASS £75
- Spin® 10 Class Credits £90
- Spin® 15 Class Credits £120
- Spin® 20 Class Credits £165
- Spin® 25 Class Credits £185

**Functional Fitness** Applies to all Functional classes outside of PILATES

- 10 STUDENT Class Credits £70
- Functional Fitness 10 Class Credits £82.50
- Functional Fitness 15 Class Credits £120
- Functional Fitness 20 Class Credits £160

**Pilates & YOGA** Applies to Pilates PAYT Matwork Classes ONLY (not courses)

- 10 STUDENT Credits £75
- Pilates 10 Class Credits £95
- Pilates 15 Class Credits £135
- Pilates 20 Class Credits £180

**A Fitness Mix Class Pass is greater value if you combine Spin®, Functional or Pilates/YOGA.**

- Fitness Mix 10 STUDENT PASS £80
- Fitness Mix Class Credits 10 £90
- Fitness Mix Class Credits 15 £115
- Fitness Mix Class Credits 20 £150
- Fitness Mix Class Credits 25 £175

(Only applies to mixing classes and not one type only). \*Valid for 6 months.

- **Courses:** £80 –Pilates 6 Weeks £58 – Pilates 5 Weeks £90 – Strength Training Course (8) £78 – Peak Pilates Chair (6) £68 – Core3D (6) Pilates Fusion (5) £85 - CrossCore® (6).

“Thank you for training with us” **Your Online class bookings are confirmed by Email & Text**

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