



November to December 2018 Class Timetable

Day	Class or Course Name	Time (from-to)	Max No.	Components of Fitness
Monday	SPINNING SPINCORE® Indoor Cycle PAYT	09:15-10:00	10	Cardiovascular Endurance & Leg Strength
	Pilates Fitness Chair Course Peak Pilates™	10:15-11:05	5	Core Strength, Balance & Flexibility
	Core 3D Function & Strength Course	12:30-13:15	7	Core Strength, Mobility, & Coordination
	SPINNING SPINCORE® Indoor Cycle PAYT	17:00-17:45	10	Cardiovascular Endurance & Leg Strength
	SPINNING 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'	19:50-20:45	8	Core Strength, Mobility, Balance & Flexibility
Tuesday	Strength Training Course	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	SPINNING Indoor Cycle PAYT	09:35-10:20	15	Cardiovascular Endurance & Leg Strength
	CrossCore®RBW Training Course	10:40-11:25	4	Strength, Muscle Endurance & Coordination
	Pilates Matwork 'Roll & TriggerP . 'Form Pilates'	12:30-13:25	8	Core Strength, Mobility, Balance & Flexibility
	SPINNING 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
	SPINNING Indoor Cycle PAYT	19:45-20:30	15	Cardiovascular Endurance & Leg Strength
Wednesday	Strength Training Course (V.I.T.)	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	Pilates Matwork Course 'Form Pilates'	09:15-10:15	8	Core Strength, Mobility, Balance & Flexibility
	Pilates Matwork ReGen 'Form Pilates'	10:25-11:25	8	Mobility, Flexibility, Balance & Core Strength
	Pilates Fitness Chair Challenge Course. Peak Pilates™	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
	SPINNING Indoor Cycle PAYT	20:00-20:45	15	Cardiovascular Endurance & Leg Strength
Thursday	SPINNING SpinCore® (30 minutes SPIN) PAYT	09:35-10:05	5	Cardiovascular Endurance & Core Strength
	SPINNING Spin® Functional Pilates Hour PAYT	09:35-10:35	10	Cardiovascular, Strength, Core Strength, Mobility
	Pilates & Yoga FUSION 'Course'	11:15-12:05	6	Strength, Muscle Endurance & Coordination
	CrossCore®RBW Training Course	17:00-17:50	4	Strength, Muscle Endurance & Coordination
	Suspension Fitness 'Straps, Bands & Pulleys' PAYT	18:00-18:45	7	Strength, Muscle Endurance & Coordination
Friday	Strength Training Course	07:00-07:45	6	Strength, Mobility, Flexibility & Coordination
	Pilates Matwork PAYT 'Form Pilates'	09:30-10:25	8	Core strength, Coordination, Balance & Flexibility
Saturday	SPINNING Indoor Cycle PAYT	07:45-08:30	15	Cardiovascular Endurance & Leg Strength
	Kettlebells PAYT	08:45-09:30	7	Strength, Muscle Endurance & Coordination

Email: catbookerfit@gmail.com

www.catbookerfitness.co.uk

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
- **Courses** contact us for **dates** and **space** by email: 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.
- **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 14 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.

• **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

- 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

- Pilates 10 STUDENT PASS £80
- Pilates 10 Class Pass £95
- Pilates 15 Class Pass £135
- Pilates 20 Class Pass £180

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

- Fitness Mix 10 STUDENT PASS £80
- Fitness Mix Class Pass 10 £90
- 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:** £78 –Pilates 6 Weeks; £55 – Pilates 5 Weeks; £115 – Strength Training Course (12); £75 – Peak Pilates Chair (6); £68 – Core3D (6) Pilates Fusion (6); £85 - CrossCore® (6).

“Thank you for training with us”

Your Classes will be confirmed by Email & Text

Email: catbookerfit@gmail.com

www.catbookerfitness.co.uk

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