



September 2017 Class Timetable

Book Classes On: www.catbookerfitness.co.uk

Day	Class Name	Time (from-to)	Trainer	Booking Type
Monday	Pilates Fitness Chair Course	10:15-11:05am	Cat	Form (email to book)
	Suspension & Core Training	12.30-1.15pm	Cat	Book Online CBF
	 SpinCore® NEW	5-5:45pm	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)
	 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)	12:20-1:15pm	Cat	Form (email to book)
Wednesday	 Indoor Cycle	6:45-7:30pm	Neil	Book Online CBF
	CORE 3D Abdominals (6-week course)	7.10-8pm	Cat	(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)
	Pilates Fitness Chair Course	12:30-1:20pm	Cat	Form (email to book)
	Kettlebells NEW	5:45-6:30pm	Cat	Book Online CBF
Thursday	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	(email to book)
	 SpinCore®	9.35-10.25am	Cat	Book Online CBF
	Pilates Fusion	11:30-12:20	Cat	(email to book)
	Kettlebells NEW	10:30-11:15am	Cat	Book Online CBF
Friday	Suspension & Core Training	5:45-6:30pm	Cat	Book Online CBF
	Pilates Fusion	6:40-7:30pm	Cat	(email to book)
	 Indoor Cycle	7-7:45pm	Katrina	Book Online CBF
	Strength Training Course (12 sessions/4 weeks)	7-7.45am	Cat	(email to book)
	Pilates Matwork (not course based)	9:30-10:25am	Cat	Book Online CBF
Saturday	 Indoor Cycle (occasional Fridays)	6.15-7pm	Cat	Book Online CBF
	 Indoor Cycle	7:45-8:30am	Cat	Book Online CBF
Sunday	Kettlebells	8:45-9:25am	Cat	Book Online CBF
	 Indoor Cycle	9-9:45am	Laura/Cover	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@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. See 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 Studio)
- 3 Robert Mews (Upper Studio)
- **Prices (Pay As You Train):**
 - £7.50 – Functional FitnessFusion/Suspension/Kettlebells
 - £8 – Spinning £9.50 – Pilates Matwork
 - **Pass Prices:** £75 - 10 Spinning / £80 - 11 Mixed / £95 – 11 Pilates / £170 - Big 25 Mixed*
 - **Courses:** £75 – Pilates (6); £54 – Pilates (5); £99 – Strength Training Course (12); £70 - Pilates Chair (6); £62 – CORE 3D (6) Pilates Fusion (5); £72 - Pilates Fusion (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 details when there are any changes.

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