

## September to November 2018 Class Timetable

Day	Class or Course Name	Time (from-to)	Max No.	Components of Fitness
Monday	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
	Pilates & Yoga FUSION 'PYF Kit'	12:30-13:15	4	Strength, Muscle Endurance & Coordination
	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'	19:50-20:45	8	Core Strength, Mobility, Balance & Flexibility
Tuesday	Strength 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	10:35-11:20	4	Strength, Muscle Endurance & Coordination
	Pilates Matwork 'Roll & TriggerP . 'Form Pilates'	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	19:10-19:55	7	Core Strength, Mobility, & Coordination
	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 Strength Course	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® PAYT	09:35-10:20	10	Cardiovascular Endurance & Core Strength
	Core 3D Function & Strength Course	10:35-11:20	7	Core Strength, Mobility, & Coordination
	Pilates & Yoga FUSION 'PYF Kit'	11:30-12:15	4	Strength, Muscle Endurance & Coordination
	CrossCore®RBW Training Course	17:00-17:50	4	Strength, Muscle Endurance & Coordination
	Suspension Training. 'Straps & Bands'	18:00-18:45	6	Strength, Muscle Endurance & Coordination
Friday	Indoor Cycle PAYT	09:15-10:00	15	Cardiovascular Endurance & Leg Strength
	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	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](mailto:catbookerfit@gmail.com)

[www.catbookerfitness.co.uk](http://www.catbookerfitness.co.uk)

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

September 18 New classes begin from Thursday 13<sup>th</sup> of September. Check the bookings calendar for all classes.

## Terms and Conditions

- **Booking:** All classes must be pre-booked using the website booking button on [www.catbookerfitness.co.uk](http://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.
- **Course Payment:** is required at the complete course price, and non-refundable once the course commences.
- **Class 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.
- 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

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 Non Student £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:** £75 –Form PilatesBio (6); £55 – Form Pilates (5); £99 – Strength Training Course (12); £72 – Form 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](mailto:catbookerfit@gmail.com)

[www.catbookerfitness.co.uk](http://www.catbookerfitness.co.uk)

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

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