



## SEPTEMBER 2019 Class & Course Timetable

For MASTERCLASSES See EVENTS on FACEBOOK.

**COURSE SPACES AVAILABLE**

**NEW CLASS OR TIME CHANGE**

**\*\*Weight Loss Course Runs 3 mornings a week 7-7.45am PLUS a Spinning Class Program for one month. Contact us to Sign-Up for August or September\*\***

Day	Class or Course Name (Classes are either book online or Course by email)	Class Time (from-to)	Max No.#	Components of Fitness (Class fitness benefits)	Coach
Monday	Functional Fusion (Strength Interval Circuits) NEW PAYT	09:40-10:20	5	Strength, Muscle Endurance, Core & Coordination	Cat
	Pilates Fitness Chair (Peak Pilates™) Level 1-2 Course	10:30-11:20	5	Core Strength, Balance & Flexibility	Cat
	CrossCore® (Suspension Fitness) Course	13:00-13:50	4	Strength, Muscle Endurance & Coordination	Cat
	SPINNING SPINCore® (30 min pedal/15 core) PAYT	17:00-17:45	10	Cardiovascular Endurance & Leg Strength	Cat/Nic
	SPINNING Indoor Cycle PAYT	18:00-18:45	15	Cardiovascular Endurance & Leg Strength	Cat/Nic
	Fitness Fusion (V.I.T. Cardio & Strength Circuits) PAYT	19:00-19:40	7	Strength, Agility, Power & Coordination	Cat/Nic
	Pilates Matwork 'Form Pilates' Course	19:50-20:45	8	Core Strength, Mobility, Balance & Flexibility	Cat/Nic
Tuesday	SPINNING Indoor Cycle PAYT	09:35-10:20	15	Cardiovascular Endurance & Leg Strength	Cat
	CrossCore® (Suspension Fitness) Course	10:35-11:20	4	Strength, Muscle Endurance & Coordination	Cat
	Pilates Matwork Advanced with Triggerpoint™ Course	12:30-13:25	8	Core Strength, Mobility, Balance & Flexibility	Cat
	SPINNING Indoor Cycle PAYT	18:45-19:30	15	Cardiovascular Endurance & Leg Strength	Angie
	Core 3D Function & Strength (Glutes/Back/Abs) Course	19:05-19:50	7	Core Strength, Mobility, & Coordination	Cat
Wednesday	Pilates Matwork Course (Advanced/Full) Course	09:15-10:10	8	Core Strength, Mobility, Balance & Flexibility	Cat
	Pilates Matwork ReGen (Joints & Posture) Course	10:25-11:20	8	Mobility, Flexibility, Balance & Core	Cat
	Pilates Fitness Chair Challenge' Level 2-3 Course	12:30-13:20	5	Strength, Balance & Flexibility	Cat
	Functional Fusion (Strength/Core Circuits) PAYT	17:55-18:35	7	Strength, Muscle Endurance, Core & Coordination	Cat
	Pilates Matwork Mixed Level 2-3 PAYT	18:45-19:40	8	Core strength, Coordination, Balance & Flexibility	Cat
	SPINNING Indoor Cycle PAYT	20:00-20:45	15	Cardiovascular Endurance & Leg Strength	Cat
	Thursday	SPINNING SpinCore® (30 min pedal/15 core) PAYT	09:35-10:05	5	Cardiovascular Endurance & Core
SPINNING Spin® Functional YOGA Fusion PAYT		09:35-10:35	10	Cardiovascular, Strength, Core, Mobility	Cat
YOGA & Pilates Fusion (September) **NEW** Course		10.45-11.30	4	Strength, Core, Flexibility & Relaxation	Cat
CrossCore® (Suspension Fitness) & Kettlebells Course		17:00-17:50	4	Strength, Muscle Endurance & Coordination	Cat
SPINNING Indoor Cycle PAYT		18:00-18:45	10	Cardiovascular Endurance & Leg Strength	Dave
Friday		Pilates Matwork Mixed PAYT	09:30-10:25	8	Core strength, Coordination, Balance & Flexibility
	Saturday	SPINNING Indoor Cycle PAYT	07:45-08:30	15	Cardiovascular Endurance & Leg Strength
		Functional Fusion 'Monthly Feature Class' PAYT	08:50-09:30	7	Strength, Muscle Endurance, Core & Coordination

Please email CBF regards any enquiries or questions about courses or your class 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 us to book a Course if it is NOT available on the website

- **PRICES (PAY AS YOU TRAIN – PAYT):**
- Spin® Class PAYT £10 (ALL formats)
- Functional Class PAYT £9 (Kettlebells, Functional Fusion, Circuits)
- Pilates & Yoga £10 PAYT Class

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

10 STUDENT PASS Class Credits £60

Spin® 10 Class Credits £92

Spin® 15 Class Credits £125

Spin® 20 Class Credits £170

Spin® 25 Class Credits £190

**Functional Fitness** Applies to all Functional classes except PILATES

10 STUDENT PASS Class Credits £65

Functional Fitness 10 Class Credits £85

Functional Fitness 15 Class Credits £120

Functional Fitness 20 Class Credits £165

**Pilates & Yoga** Applies to Pilates and Yoga PAYT Matwork Classes (not courses)

10 STUDENT PASS Class Credits £75

Pilates & Yoga 10 Class Credits £95

Pilates & Yoga 15 Class Credits £140

Pilates & Yoga 20 Class Credits £185

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

10 STUDENT PASS Class Credits £70

Fitness Mix Class Credits 10 £90

Fitness Mix Class Credits 15 £120

Fitness Mix Class Credits 20 £160

Fitness Mix Class Credits 25 £180

(Applies to mixing classes, not one type only). \*Valid for 6 months.

- **Courses:** CrossCore® £85. Pilates Mat £82. Pilates Chair £80. YOGA Fusion £70. Core3D £68. (5 Weeks Wednesday 9:15am) Pilates £58 FULL.
- **Monthly** Early Morning 'Monthly small personal training'. £150 for 12 Small Group PT Sessions 7am and includes one Spinning® Class a week (non-transferable).

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