**CBPilates Group Matwork Course Timetable**

**Monday 4th March – Saturday 13th April 2024(5/6 Weeks)**

**No Classes Good Friday 29th March, Saturday 30th March & Easter Monday 1st April 2024**

[**www.cbpilates.co.uk**](http://www.cbpilates.co.uk) **| 07981 239 650 |** [**cathy@cbpilates.co.uk**](mailto:cathy@cbpilates.co.uk)

**Cathy Burdett -** Society for the Pilates Method/Certified Pilates Foundation

Mark Burdett – BASI Pilates (Body Arts & Sciences International)

**Please see next page for more information on Group classes and explanation of levels.**

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| **Day/Time** | **Location** | **Course Dates 2024** | **Fees & Due Date** |
| **Monday**  10:00AM  **Level 1-2**  *Wait list* | Grange Farm Centre  Grange Farm Lane  Chigwell IG7 6DP  **In-Person** | 4th, 11th, 18th & 25th March, *and* 8th April 2024  No class Easter Monday 1st April | £65.00  Due: 26th February 2024  **(5 Weeks)** |
| **Monday**  10:00AM  **Level 1-2** | **Zoom only**  *Please note this class is separate to the*  *Grange Farm class*. | 4th, 11th, 18th & 25th March, *and* 8th April 2024  No class Easter Monday 1st April | £55.00  Due: 26th February 2024  **(5 Weeks)** |
| **Monday**  6:*30PM*  **Level 2-3**  *Wait list* | St Ann Line Hall  Grove Crescent  South Woodford  E18 2JR  **In-Person** | 4th, 11th, 18th & 25th March, *and* 8th April 2024  No class Easter Monday 1st April | £65.00  Due: 26th February 2024  **(5 Weeks)** |
| **Tuesday**  6.30PM  ***Level 3***  *Wait list* | **Zoom only** | 5th, 12th, 19th & 26th March, *and* 2nd & 9th April 2024 | £66.00  Due: 27th February 2024  **(6 Weeks)** |
| **Tuesday**  8:00PM  **Level 1-3** | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 5th, 12th, 19th & 26th March, *and* 2nd & 9th April 2024 | £78.00  Due: 27th February 2024  **(6 Weeks)** |
| **Wednesday**  7:30PM  **Level 2-3**  *Wait list* | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 6th, 13th, 20th & 27th March, *and* 3rd & 10th April 2024 | £78.00  Due: 28th February 2024  **(6 Weeks)** |
| **Thursday**  8:00PM  ***Level 4*** | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 7th, 14th, 21st & 28th March, *and* 4th & 11th April 2024 | £78.00  Due: 29th February 2024  **(6 Weeks)** |
| **Friday**  10:00AM  **Level 2-3** | St James’ URC  Palmerston Road  Buckhurst Hill  IG9 5NG  **In-Person** | 8th, 15th & 22nd March, *and* 5th & 12th April 2024  No class Good Friday 29th March | £65.00  Due: 1st March 2024  **(5 Weeks)** |
| **Saturday**  10:00AM  **Level 2-3** | **Zoom only** | 9th, 16th & 23rd March, *and* 6th & 13th April 2024  No class Saturday 30th March | £55.00  Due: 2nd March 2024  **(5 Weeks)** |
| **Saturday**  11:30AM  **Level 1-2**  *Wait list* | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 9th, 16th & 23rd March, *and* 6th & 13th April 2024  No class Saturday 30th March | £65.00  Due: 2nd March 2024  **(5 Weeks)** |

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| Class numbers limited. Students will be assisted in learning proper Pilates technique.  Although exercise modifications or adaptations may be offered, group Pilates Matwork classes cannot address individual rehab needs, nor substitute for medical treatment or advice. If you have specific health concerns, consult your doctor, and contact us to discuss whether a group class is suitable for you.  A PAR-Q form (Physical Activity Readiness Questionnaire) must be filled in before participating in any Pilates class.  **Level 1:** Beginners class introducing fundamental exercises, or for students looking to maintain general well-being.  **Level 2**: Beginners & Improvers – building on fundamentals with new exercises and/or progressions.  **Level 3:** Students looking for increased challenge, gradually progressing towards more advanced repertoire.  **Level 4:** Students with experience of Pilates who have solid technique and body awareness, who are looking to build on and increase strength, stamina, flexibility, and fitness in a challenging, pacier class. |