**CBPilates Group Matwork Course Timetable**

**Monday 15th April – Saturday 25th May 2024 (5/6 Weeks)**

**No Classes Bank Holiday Monday the 6th of May 2024**

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**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** | 15th, 22nd & 29th April, *and* 13th & 20th May 2024  No class Bank Holiday Monday 6th May | £65.00  Due: 8th April 2024  **(5 Weeks)** |
| **Monday**  10:00AM  **Level 1-2** | **Zoom only**  *Please note this class is separate to the*  *Grange Farm class*. | 15th, 22nd & 29th April, *and* 13th & 20th May 2024  No class Bank Holiday Monday 6th May | £55.00  Due: 8th April 2024  **(5 Weeks)** |
| **Monday**  6:*30PM*  **Level 2-3**  *Wait list* | St Ann Line Hall  Grove Crescent  South Woodford  E18 2JR  **In-Person** | 15th, 22nd & 29th April, *and* 13th & 20th May 2024  No class Bank Holiday Monday 6th May | £65.00  Due: 8th April 2024  **(5 Weeks)** |
| **Tuesday**  6.30PM  ***Level 3***  *Wait list* | **Zoom only** | 16th, 23rd & 30th April, *and* 7th, 14th & 21st May 2024 | £66.00  Due: 9th April 2024  **(6 Weeks)** |
| **Tuesday**  8:00PM  **Level 1-3** | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 16th, 23rd & 30th April, *and* 7th, 14th & 21st May 2024 | £78.00  Due: 9th April 2024  **(6 Weeks)** |
| **Wednesday**  7:30PM  **Level 2-3**  *Wait list* | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 17th & 24th April, *and*  1st, 8th, 15th & 22nd May 2024 | £78.00  Due: 10th April 2024  **(6 Weeks)** |
| **Thursday**  8:00PM  ***Level 4*** | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 18th & 25th April, *and*  2nd, 9th, 16th & 23rd May 2024 | £78.00  Due: 11th April  2024  **(6 Weeks)** |
| **Friday**  10:00AM  **Level 2-3** | St James’ URC  Palmerston Road  Buckhurst Hill  IG9 5NG  **In-Person** | 19th & 26th April, *and*  3rd, 10th, 17th & 24th May 2024 | £78.00  Due: 12th April 2024  **(6 Weeks)** |
| **Saturday**  10:00AM  **Level 2-3** | **Zoom only** | 20th & 27th April, *and*  4th, 11th, 18th & 25th May 2024 | £66.00  Due: 13th April 2024  **(6 Weeks)** |
| **Saturday**  11:30AM  **Level 2** | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 20th & 27th April, *and*  4th, 11th, 18th & 25th May 2024 | £78.00  Due: 13th April 2024  **(6 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. |