**CBPilates Group Matwork Course Timetable**

**Monday 14th of October – Saturday 23rd of November 2024 (6 Weeks)**

[**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** | **Duration/Fees & Due Date** |
| **Monday**  10:00AM  **Level 1-2**  *Wait list* | Grange Farm Centre  Grange Farm Lane  Chigwell IG7 6DP  **In-Person** | 14th, 21st & 28th October  *and* 4th, 11th & 18th November 2024 | £78.00  Due: 7th October 2024  6 Weeks |
| **Monday**  10:00AM  **Level 1-2** | **Online - Zoom**  *Please note this class is separate to the*  *Grange Farm class*. | 14th, 21st & 28th October  *and* 4th, 11th & 18th November 2024 | £66.00  Due: 7th October 2024  6 Weeks |
| **Monday**  6:*30PM*  **Level 2-3**  *Wait list* | St Ann Line Hall  Grove Crescent  South Woodford  E18 2JR  **In-Person** | 14th, 21st & 28th October  *and* 4th, 11th & 18th November 2024 | £78.00  Due: 7th October 2024  6 Weeks |
| **Tuesday**  6.30PM  ***Level 3***  *Wait list* | **Online - Zoom** | 15th, 22nd & 29th October  *and* 5th, 12th & 19th November 2024 | £66.00  Due: 8th October 2024  6 Weeks |
| **Tuesday**  8:00PM  **Level 2-3** | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 15th, 22nd & 29th October  *and* 5th, 12th & 19th November 2024 | £78.00  Due: 8th October 2024  6 Weeks |
| **Wednesday**  7:30PM  **Level 2-3**  *Wait list* | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 16th, 23rd & 30th October  *and* 6th, 13th & 20th November 2024 | £78.00  Due: 9th October 2024  6 Weeks |
| **Thursday**  8:00PM  ***Level 4***  *Wait list* | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 17th, 24th & 31st October  *and* 7th, 14th & 21st November 2024 | £78.00  Due: 10th October 2024  6 Weeks |
| **Friday**  10:00AM  **Level 2-3** | St James’ URC  Palmerston Road  Buckhurst Hill  IG9 5NG  **In-Person** | 18th & 25th October  *and* 1st, 8th, 15th & 22nd November 2024 | £78.00  Due: 11th October 2024  6 Weeks |
| **Saturday**  10:00AM  **Level 2-3** | **Online - Zoom** | 19th & 26th October  *and* 2nd, 9th, 16th & 23rd November 2024 | £66.00  Due: 12th October 2024  6 Weeks |
| **Saturday**  11:30AM  **Level 2-3** | Valley Hall  5 Valley Hill  Loughton IG10 3BF  **In-Person** | 19th & 26th October  *and* 2nd, 9th, 16th & 23rd November 2024 | £78.00  Due: 12th October 2024  6 Weeks |

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| Class numbers limited. Students will be assisted in learning proper Pilates technique.  Although exercise modifications may be offered which are reasonable within the working level of the class, group Pilates Matwork classes cannot address individual rehab or post-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.  *(Beginners may enter either at Level 1 or 2 depending on prior experience).*  **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. |