

Summer Holiday Class Timetable 2024

Please always check our [What's On Calendar](#) for the most up to date information.

Autumn term commences on **Monday 2nd September**

Last update: 05/07/24

Dear Class Member

Many thanks for joining us at classes this term. The final week of term is W/C Monday 15th July. We then have a holiday timetable in place. Details below and on our [What's On Calendar](#).

Hall Holiday Classes

For hall-based classes to go ahead, a minimum of 12 people pre-booked/paid per class is needed

- ✓ Pre-booking is **£7.00** per class
- ✓ Pay As You Go is **£9.00** per class

Run Holiday Classes

- ✓ No minimum numbers required, all sessions will be going ahead
- ✓ Pre-booking is **£5.75** per class
- ✓ Pay As You Go is **£8.00** per class

Zoom Holiday Classes

No minimum numbers required, all sessions will be going ahead

- ✓ Pre-booking:
 - **£5.75** per class for 60' sessions
 - **£3.25** per class for 30' sessions
- ✓ Pay As You Go
 - **£8.00** per class for 60' sessions
 - **£4.00** per class for 30' sessions

Standing Orders (SO)

- ✓ If you currently pay a monthly [Unlimited All Classes](#) standing order, all summer holiday classes are included, i.e. you do not need to pay any extra.
- ✓ You don't need to complete the form, but please let me know which hall based classes you intend to do so I've an idea of numbers, many thanks.
- ✓ If you are on any other Standing Order, please remember that your Standing Order still needs to go out for the month of August.
 - This is because your payment of 36 weeks' worth of classes is spread evenly through 12 monthly payments.
 - You will need to pay for any holiday classes attended.

Please check our '[What's On' Calendar](#) for further details including Zoom class registration and run class locations.

Advance Payment

Fees for advance payment for full paying adults only

Students/Low income: £4 pay as you go per class or £2 for 30' classes

Please note: **No refunds or transfers to next term**

Payment:

1. Bank transfer:
 - a. Complete the form and send a photo to Sam via WhatsApp or email
 - b. Or – if you're doing your usual classes, just let me know rather than filling the form
 - c. 07805 094 701 asksam@bodyfitcumbria.co.uk
2. Cash:
 - a. Please complete the form place in envelope with cash and give to Sam at class
 - b. Please note that cheques are no longer accepted

BodyFit (Sam Ayers) Ltd If asked, this is a business account

BACs: Sort Code: 09-01-28 Account Number: 08185241

Note: Some banks don't like brackets. If this happens, use the same details without the brackets.

See over for timetable/booking form

Going Forward:

Autumn Term

Starts: Monday 2nd September

Holidays:

- ✓ W/C Monday 30th September (social sessions organised by class members only)
- ✓ W/C Mon 28th October, half term.

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Day	Date	Class	Location	Pre-Booking Fee	Insert fee if booking
M	22-Jul	R	LHC	£ 5.75	
M	22-Jul	SS30	Zoom	£ 3.25	
Tue	23-Jul	R	M'Gdns	£ 5.75	
Tue	23-Jul	CFA	Hall	£ 7.00	
Tue	23-Jul	Ball	Hall	£ 7.00	
W	24-Jul	Ball	Hall	£ 7.00	
Th	25-Jul	R	LHC	£ 5.75	
Th	25-Jul	SS30	Zoom	£ 3.25	
Fri	26-Jul	CSC	Zoom	£ 5.75	
M	29-Jul	R	LHC	£ 5.75	
M	29-Jul	SS30	Zoom	£ 3.25	
Tue	30-Jul	R	M'Gdns	£ 5.75	
Tue	30-Jul	CFA	Hall	£ 7.00	
Tue	30-Jul	Ball	Hall	£ 7.00	
W	31-Jul	Ball	Hall	£ 7.00	
Th	01-Aug	R	LHC	£ 5.75	
Th	01-Aug	SS30	Zoom	£ 3.25	
Fri	02-Aug	CSC	Zoom	£ 5.75	
M	05-Aug	R	LHC	£ 5.75	
M	05-Aug	SS30	Zoom	£ 3.25	
Tue	06-Aug	R	M'Gdns	£ 5.75	
Tue	06-Aug	CFA	Hall	£ 7.00	
Tue	06-Aug	Ball	Hall	£ 7.00	
W	07-Aug	Ball	Hall	£ 7.00	
Th	08-Aug	R	LHC	£ 5.75	
Th	08-Aug	SS30	Zoom	£ 3.25	
Fri	09-Aug	No Class	N/A	No Classes	N/A
WC	12-Aug	N/A	N/A	No Classes	N/A
WC	19-Aug	N/A	N/A	No Classes	N/A
WC	26-Aug	N/A	N/A	No Classes	N/A
				Total Paid	

Key:

Ball	Core Stability on the Ball
CFA	Circuits for All
CSC	Core Stretch Combo
Hall	Methodist Hall
LHC	Lakes Home Centre
M'Gdns	Memorial Gardens
N/A	Not applicable
R	Run
SS30	Simply Stretch 30'
W/C	Week Commencing

Full Name:

Contact number:

Email:

Payment method ✓

BACs

Cash

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