



Class Timetable

Cat&Cow Studio is a beautiful boutique studio where an exceptional team of teachers and staff help our clients to look, move and feel better through Pilates, Barre and Yoga.

Day/Time	Class	Teacher
Monday		
9.30-10.30am	Mat PILATES for All Levels	Jonathan
5.30-6.20pm	YOGA Calm Slow Flow	Bianca
6.30-7.30pm	Mat Pilates Improvers / Intermediates	Jane P
8.00-9.00pm	YOGA Flow & Stretch NEW!	Stephanie
Tuesday		
9.30-10.15am	Intro to Pilates NEW!	Jane D
10.00-11.00am	Pilates Life For the Mature Client	Elaine
5.30-6.20pm	Bootybarre	Jane D
6.30-7.30pm	Mat PILATES for All Levels	Jane D
7.45-8.45pm	YOGA Flow	Jane D / Charlotte
Wednesday		
9.30-10.15am	Intro to Yoga NEW!	Bianca
10.30-11.30am	YOGA Traditional Hatha	Bianca
5.30-6.15pm	Intro to Pilates NEW!	Leah
7.00 – 8.00pm	NEW! *Beginners Pilates 5 Week Course (Starts 13 th October)	Jane P
7.45-8.45pm	YOGA Calm / Yin	Leah
Thursday		
5.30-6.30pm	Mat PILATES Improvers / Intermediates	Jane D
6.45-7.35pm	Bootybarre	Leah
7.45-8.45pm	YOGA Flow	Leah
Friday		
9.30-10.30am	Mat PILATES Perfect Start	Jane D
6.00-7.00pm	YOGA Flow & Relaxation Weekend Wind-down	Leah
Saturday		
9.00 – 9.50am	bootybarre	Jane D
11.00am – 12pm	Mat Pilates Weekend Wake-Up -All Levels	Jane D
Sunday		
10.00-11.00	YOGA Weekend Wake Up	Leah

PRE BOOKING IS ESSENTIAL for All Classes as spaces are limited!

We continue to maintain social distancing and ventilation in all group classes.

BOOK ONLINE via the Mind Body App or CALL 01772 813639

Clients must provide a **minimum of 12 hours cancellation notice** in advance of their booked Group class start time in order to retain the credit for future use. For clients on any Unlimited Class packages including the INTRO OFFER 30 Days Unlimited Month, failure to give a minimum of 12 hours due notice or no showing will result in a late cancellation fee of £8 being charged. Clients must provide **48 hours cancellation notice** for events and courses.

