



CLASS SCHEDULE JANUARY 2022 RE-OPENING TUESDAY 4TH JANUARY

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		
9.30am	Mat PILATES for All Levels	Jonathan
10.30am	Beginners Yoga 6 Week Course (Starts 24 th January)	Alicia
6.00pm	YOGA Calm Slow Flow	Bianca
7.00pm	Mat Pilates Improvers / Intermediates	Jane P
8.00pm	YOGA Flow	Stephanie
Tuesday		
10.00am	Pilates Life For the Mature Client (resumes 18 th January)	Elaine
6.00pm	Bootybarre	Jane D
7.00pm	Mat PILATES for All Levels	Jane D
8.00pm	Yoga Flow, Relax & Restore	Jane D
Wednesday		
9.30am	Mat Pilates All Levels	Humairaa
10.30am	YOGA Traditional Hatha	Bianca
6.00pm	Beginners Yoga 6 Week Course (starts 19 th January)	Leah
7.00pm	Beginners Pilates 6 Week Course (starts 12 th January)	Jane P
8.00pm	Yin Yoga	Leah
Thursday		
6.00pm	Mat PILATES Improvers / Intermediates	Jane D
7.00pm	Bootybarre	Leah
8.00pm	YOGA Flow	Stephanie
Friday		
9.30am	Mat PILATES Perfect Start	Jane D
6.00pm	YOGA Flow & Relaxation Weekend Wind-down	Leah
Saturday		
9.15am	bootybarre	Jane D
10.15am	Mat Pilates Beginners & Back to Basics	Jane D
11.15am	Yoga Weekend Wake-Up	Leah

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

*We continue to maintain generous spacing and ventilation in all group classes in our calm, cosy wellness sanctuary
BOOK ONLINE via the Mind Body App or CALL 01772 813639*

Cancellation Policy

*Clients must provide a **minimum of 24 hours cancellation notice** in advance of their booked Class or Private Session to retain the credit for future use. Clients must provide **48 hours cancellation notice** prior to the start date of a 6 Week course or event to retain the credit for future use.*