



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	Jane
6.30-7.30pm	Yoga Flow & Stretch NEW TIME!	Bianca
7.30 – 8.30pm	Mat Pilates Intermediates NEW TIME!	Jane P
Tuesday		
10.00-11.00am	Pilates Life For the Mature Client	Elaine
6.00-7.00pm	Bootybarre NEW TIME!	Jane D
7.00-8.00pm	Mat PILATES for All Levels	Jane D
8.00-9.00pm	Yoga Calm / Slow Flow	Jane D
Wednesday		
9.30-10.30am	Bootybarre	Leah
10.30-11.30am	YOGA Traditional Hatha	Bianca
6.00-7.00pm	*Beginners Yoga 6 Week Course (Course Starts 9 th June)	
7.00-8.00pm	*Beginners Pilates 6 Week Course (Course starts 30 th June)	Jane P
8.00-9.00pm	YOGA Calm / Yin	Leah
Thursday		
6.00-7.00pm	Mat Pilates Fow	Jane D
7.00-8.00pm	Bootybarre	Leah
8.00-9.00pm	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		
9.15-10.15am	bootybarre	Jane D
10.15-11.15am	Mat PILATES – All Levels	Jane D
11.15am-12.15pm	*Beginners Pilates 6 Week Course (Course starts 5 th June)	Jane D
Sunday		
10.00-11.00	YOGA Weekend Wake Up	Leah

Booking is essential for ALL CLASSES as spaces are limited / 24 hour cancellation policy

72 hour cancellation policy for 6 Week Courses & Events

Manage your bookings easily ONLINE www.catandcowstudio.co.uk OR CALL 01772 813639