

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No Group Classes.	3 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	4 <i>No classes today.</i>	5 10* Pilates x Yoga 11 * Flow + Ease	6 1:30 The Unwinder	7 11:00* Messy Buns + Coffee
8	9 No Group Classes.	10 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	11 9:30* Pilates 10:30 Messy Buns + Coffee	12 10* Pilates x Yoga 11 * Flow + Ease	13 1:30 The Unwinder	14 “Cat Café” for BHS (aka come cuddle with kittens and drink coffee!)
15	16 No Group Classes.	17 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	18 No Pilates. 10:30 Messy Buns + Coffee	19 10* Pilates x Yoga 11 * Flow + Ease	20 1:30 The Unwinder	21 11:00* Messy Buns + Coffee
22	23 No Group Classes.	24 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	25 No Pilates. 10:30 Messy Buns + Coffee	26 10* Pilates x Yoga 11 * Flow + Ease	27 1:30 The Unwinder	28 11:00* Messy Buns + Coffee

* 45-minute class