Dear [Instructor's Name],

I hope this message finds you well. I am writing to inform you that I need to cancel my enrollment in the cooking class scheduled for [start date].

Unfortunately, my interests have shifted and I feel it would be best for me to pursue other opportunities at this time.

I appreciate the time and effort you put into your classes, and I hope to take part in them in the future when my interests align again.

Thank you for your understanding.

Sincerely,

[Your Name]

[Your Contact Information]