



[www.catncow.com](http://www.catncow.com)

2nd Dec 2024

1 Harrington Gardens  
SW7 4JJ  
[hello@catncow.com](mailto:hello@catncow.com)  
wa: +44 7860 212 574

**Studio 1 - Yoga**

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
06:00	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
07:00	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
08:00	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
09:00	Vinyasa Daria	Morning Yoga Kiki	Hatha  Jinis	Vinyasa  Daria	Vinyasa  Daria	9:30 Vinyasa	
10:00	Dharma Flow Alix	Yin Yoga  Kiki	Vinyasa  Jinis	Yang to Yin  Daria	Vinyasa  Daria		Jinis
11:00	Hatha  Stef	Pregnancy Yoga Kiki	Ostepathy with yoga Dipa	Yoga for Back Pain Alina	Yoga Sculpt Kitti	Power Yoga (75mins)	Sculpt Yoga Abeo
12:00	Vinyasa  Stef	Power Yoga  Alina	Yin or Vinyasa  Dipa	Dynamic Flow  Alina	Vinyasa  Anna		Rali
13:00	Yin  Stef	Flow, Yin, Meditation  Alina	Vinyasa  Golana	Breath Work + Yoga Nidra  Alina	Power Yoga  Anna		Yin Yoga  Sarah
14:00	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
15:00	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
16:00	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
17:00	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
18:00	Dynamic Vinyasa  Satori	Vinyasa  Sara	Vinyasa  Golana	Flow & Restore  Kiki	Rocket Yoga  Jinis		Vinyasa Flow (75mins)
19:00	Power Yoga  Satori	Yin Yoga  Sarah	Yin Yoga  Golana	Yin Yoga  Kiki	Meditation & Restorative Yoga  Jinis		

all Classes are 50 minutes



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**Studio 2 - Reformer**

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>06:00</b>	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
<b>07:00</b>	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
<b>08:00</b>	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
<b>09:00</b>	Dynamic Reformer Alessia	Dynamic Reformer Natalia	Dynamic Reformer Kitti	Dynamic Reformer Issy	Dynamic Reformer Jessica	Dynamic Reformer Anita	
<b>10:00</b>	Dynamic Reformer Alessia	Dynamic Reformer Natalia	Dynamic Reformer Kitti	Dynamic Reformer Issy	Dynamic Reformer Jessica	Dynamic Reformer Anita	Dynamic Reformer Fari
<b>11:00</b>	Dynamic Reformer Alessia	Dynamic Reformer Natalia	Dynamic Reformer Kitti	Dynamic Reformer Issy	Dynamic Reformer Jessica	Dynamic Reformer Alessia	Dynamic Reformer Fari
<b>12:00</b>	Dynamic Reformer Alessia	Dynamic Reformer Natalia	Dynamic Reformer Alessia	Dynamic Reformer Issy	Dynamic Reformer Jessica	Dynamic Reformer Alessia	Dynamic Reformer Fari
<b>13:00</b>	Dynamic Reformer Alessia	Dynamic Reformer Natalia	Dynamic Reformer Alessia	Dynamic Reformer Issy	Dynamic Reformer Jessica	Dynamic Reformer Alessia	Dynamic Reformer Fari
<b>14:00</b>	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
<b>15:00</b>	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
<b>16:00</b>	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
<b>17:00</b>	Available upon request - please e-mail <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
<b>18:00</b>	Dynamic Reformer Millie	Dynamic Reformer Natalia	Dynamic Reformer Millie	Dynamic Reformer Anita			
<b>19:00</b>	Dynamic Reformer Millie	Dynamic Reformer Natalia	Dynamic Reformer Millie	Dynamic Reformer Anita			

all Classes are 50 minutes



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### **To book first time**

visit [www.catncow.com](http://www.catncow.com)  
select class  
register scroll down and Create Profile

turn on third party cookies in your browser  
there are no changing rooms  
Cafe, Bar, Bistro is work in progress

### **PRICING**

1 Class Pack for 12 months	£20
3 Class Pack for 12 months	£60
5 Class Pack for 12 months	£100
10 Class Pack for 12 months	£200
20 Class Pack for 12 months	£400
30 Class Pack for 12 months	£600
40 Class Pack for 12 months	£800
50 Class Pack for 12 months	£1,000
Membership Unlimited Sessions 12months	£3,600
Private Appointment - Single Session	£120
Private Appointment - 12 Sessions	£1,440
Private Appointment - 24 Sessions	£2,550