



1st Jan 2025

1 Harrington Gardens  
SW7 4JJ

[hello@catncow.com](mailto:hello@catncow.com)

wa: +44 7860 212 574

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

Cat n Cow is rolling out in stages, please check below which facilities are up and running:

### **Pilates & Yoga Studios:**

We are fully functional. Our Pilates studios are fitted with the latest reformer equipment and our yoga studios are fitted with the appropriate environments for each practice.

### **Gym:**

Our gym is fully equipped, ready for you to hit your fitness goals.

### **Changing Rooms:**

Our full-service changing rooms with shower facilities and hairdryers are undergoing their final touches and will be up and running very soon. In the meantime, we ask our customers to come in their gym clothes ready to jump straight in to their class or gym session.

### **Cafe, Bar, Bistro**

Opening 2025

### **How to book:**

Visit [www.catncow.com](http://www.catncow.com) **Please ensure you have 3rd Party Cookies turned on** select the appropriate class, register, scroll down and create profile. You only have to do this process once. Once you have your profile with us, you can simply select and book your classes to enjoy our wellness experiences.

### **Special Offers**

Intro offer - 3 classes for 30 days	£30
Reformer Offer - 30 classes for 30 days	£300

### **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

### **New Teachers**

We welcome CVs from new teachers. Please email [hello@catncow.com](mailto:hello@catncow.com)



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**Pilates Reformer Studio**

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>06:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>07:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>08:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.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		
<b>14:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>15:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>16:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>17:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.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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**Yoga Studio**

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>06:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>07:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>08:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>09:00</b>	Vinyasa Kimy	Vinyasa TBC	Hatha Jinis	Vinyasa Daria	Vinyasa Daria		
<b>10:00</b>	Dharma Flow Alix	Yin Yoga TBC	Vinyasa Jinis	Yang to Yin Daria	Yang to Yin Daria	Vinyasa Jinis	Power Yoga Abeo
<b>11:00</b>			Osteopathy with yoga Dipa			Yin Yoga Jinis	Sculpt Yoga Abeo
<b>12:00</b>			Yin Yoga Dipa				Vinyasa Sarah Draï
<b>13:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						Yin Yoga Sarah Draï
<b>14:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>15:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>16:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>17:00</b>	available for Privates book appointment at <a href="http://www.catncow.com">www.catncow.com</a>						
<b>18:00</b>		Vinyasa Sara					
<b>19:00</b>		Yin Yoga Sarah					

all Classes are 50 minutes