



24th April 2025

1 Harrington Gardens
SW7 4JJ

hello@catncow.com

wa: +44 7860 212 574

www.catncow.com

We're launching in stages - please see below for the latest on which facilities are currently up and running:

Pilates & Yoga Studios

We are fully operational. Our Pilates studios feature the latest reformer equipment, and our yoga studios are designed to provide the ideal environment for every practice.

Gym & Cardio Rooms

Our fully equipped gym is ready to support you in achieving your fitness goals.

Changing Rooms

Our full-service changing rooms, complete with showers and hairdryers, will be available soon. In the meantime, we kindly ask that you arrive in your workout attire, ready to head straight to your class or gym session.

Cafe, Bar, Bistro

Opening 2025

How to book

- a. Visit www.catncow.com and register.
- b. Check your inbox for a confirmation email and verify your account.
- c. Return to the website to book a class. At checkout, you can take advantage of our intro offer: 3 classes for £30.

Special Offers

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

Pricing

1 Class Pack valid for 12 months	£20
3 Class Pack valid for 12 months	£60
5 Class Pack valid for 12 months	£100
10 Class Pack valid for 12 months	£200
20 Class Pack valid for 12 months	£400
30 Class Pack valid for 12 months	£600
40 Class Pack valid for 12 months	£800
50 Class Pack valid 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



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Dynamic Reformer Pilates Studio

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
07:00	TBA	TBA	All Levels Nicole	All Levels Nicole	All Levels Nicole	TBA	TBA
08:00	TBA	All Levels Filiz	All Levels Nicole	All Levels Nicole	All Levels Nicole	All Levels Shrin	TBA
09:00	All Levels Alessia	All Levels Filiz	All Levels Kitti	All Levels Nicole	All Levels Nicole	All Levels Shrin	All Levels Filiz
10:00	All Levels Alessia	All Levels Nicole	All Levels Kitti	All Levels Nicole	All Levels Filiz	All Levels Shrin	All Levels Filiz
11:00	All Levels Alessia	All Levels Nicole	All Levels Kitti	All Levels Annie	All Levels Filiz	All Levels Alessia	All Levels Filiz
12:00	All Levels Alessia	All Levels Nicole	All Levels Alessia	All Levels Annie	All Levels Filiz	All Levels Alessia	All Levels Filiz
13:00	All Levels Alessia	All Levels Natalia	All Levels Alessia	All Levels Annie	All Levels Filiz	All Levels Alessia	All Levels Filiz
14:00	available for Pilates Privates - hello@catnow.com					All Levels Alessia	TBA
15:00	available for Pilates Privates - hello@catnow.com					TBA	All Levels Pepper
16:00	available for Pilates Privates - hello@catnow.com					TBA	All Levels Pepper
17:00	All Levels Millie	All Levels Annie	All Levels Millie	All Levels Joanna	All Levels Filiz	TBA	All Levels Pepper
18:00	All Levels Millie	All Levels Annie	All Levels Millie	All Levels Joanna	Reformer Essentials Filiz	TBA	TBA
19:00	All Levels Millie	All Levels Annie	All Levels Millie	All Levels Joanna	All Levels Filiz	TBA	TBA

all Classes are 50 minutes



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Yoga Studio 1

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
07:00	available for Yoga Privates - hello@catncow.com						
08:00	available for Yoga Privates - hello@catncow.com						
09:00	Vinyasa Kimy	Hatha Nicola	Hatha AnnaM	Vinyasa Alina	Vinyasa Abeo		
10:00	Dharma Flow Alix	Yin Yoga Nicola	Yin Yoga AnnaM	Yang to Yin Alina	Yang to Yin AnnaK	Hatha Komal	Hatha AnnaK
11:00	Forest Yoga Anastasia		Osteopathy with yoga Dipa		Dynamic Vinyasa Nasrine	<u>Yin - Jinis</u> Power Yoga Rali (1:15hr)	Yin Yoga AnnaK
12:00	Vinyasa Anastasia	Vinyasa AnnaM	Yin Yoga Dipa	Forest Yoga Anastasia	Slow Flow Nasrine		Vinyasa to The Beat Nasrine
13:00	Yin Yoga AnnaM	Yin Yoga AnnaM		Vinyasa Anastasia			Slow Flow Nasrine
14:00	available for Yoga Privates - hello@catncow.com					workshops	workshops
15:00	available for Yoga Privates - hello@catncow.com					workshops	workshops
16:00	available for Yoga Privates - hello@catncow.com					workshops	workshops
17:00	available for Yoga Privates - hello@catncow.com					workshops	workshops
18:00	Vinyasa Annal	Vinyasa Nicola	Hatha Nicola	Vinyasa Paula (18:30)	workshops		
19:00	Yin Nicola	Yin Nicola	Yin Nicola	Yin Paula (19:30)	workshops		

all Classes are 50 minutes



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Gym-Pilates Studio - Circuit Training Classes

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
07:00							
08:00							
09:00							
10:00						Gym-Pilates Class	Gym-Pilates Class
11:00						Gym-Pilates Class	Gym-Pilates Class
12:00						Gym-Pilates Class	Gym-Pilates Class
13:00							
14:00							
15:00	Gym-Pilates Class	Gym-Pilates Class	Gym-Pilates Class	Gym-Pilates Class	Gym-Pilates Class		
16:00	Gym-Pilates Class	Gym-Pilates Class	Gym-Pilates Class	Gym-Pilates Class	Gym-Pilates Class		
17:00	Gym-Pilates Class	Gym-Pilates Class	Gym-Pilates Class	Gym-Pilates Class	Gym-Pilates Class		
18:00							
19:00							

all Classes are 50 minutes