



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

16th May 2025

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

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

### **Pilates Studios**

We have two Pilates Reformer Studios  
Studio 1 - is for Intermediate/ Advanced  
Studio 2 - is for Beginners

### **Yoga Studios**

The yoga studio has moved to ground floor and soon will have a yoga Shala style Zen Zone

### **Gym & Cardio Rooms**

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

### **Changing Rooms**

Our studios are designed for the local community. 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) Register on [www.catncow.com](http://www.catncow.com) ( pls do not use the MBO app or register - it causes problems)
- b) then download the Apple or Android App - login to book classes  
or you can book on [www.catncow.com](http://www.catncow.com)

### **Intro Offers**

Intro offer - 3 classes valid for 30 days	£30
Intro offer - 5 classes valid for 30 days	£50
Intro offer - 10 classes valid for 30 days	£100 *Highly recommended

### **Special Offers**

Transformation Offer - 30 classes for 30 days	£300 *Highly recommended
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### **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](mailto:hello@catncow.com)



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### Dynamic Reformer Pilates Studio

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
07:00	Int/Adv Nicole	Int/Adv Filiz	Int/Adv Nicole	Int/Adv Nicole	Int/Adv Nicole	TBA	TBA
08:00	Int/Adv Nicole	Int/Adv Filiz	Int/Adv Nicole	Int/Adv Nicole	Int/Adv Nicole	Int/Adv Filiz	TBA
09:00	Int/Adv Alessia	Int/Adv Filiz	Int/Adv Kitti	Int/Adv Nicole	Int/Adv Nicole	Int/Adv Filiz	Int/Adv Filiz
10:00	Int/Adv Alessia	Int/Adv Nicole	Int/Adv Kitti	Int/Adv Nicole	Int/Adv Jess	Int/Adv Filiz	Int/Adv Filiz
11:00	Int/Adv Alessia	Int/Adv Nicole	Int/Adv Kitti	Int/Adv Annie	Int/Adv Jess	Int/Adv Alessia	Int/Adv Filiz
12:00	Int/Adv Alessia	Int/Adv Nicole	Int/Adv Alessia	Int/Adv Annie	Int/Adv Jess	Int/Adv Alessia	Int/Adv Filiz
13:00	Int/Adv Alessia	Int/Adv Nicole	Int/Adv Alessia	Int/Adv Annie	Int/Adv Jess	Int/Adv Alessia	Int/Adv Filiz
14:00	available for Pilates Privates - <a href="mailto:hello@catnow.com">hello@catnow.com</a>					Int/Adv Alessia	Women's Filiz/ Zina
15:00	available for Pilates Privates - <a href="mailto:hello@catnow.com">hello@catnow.com</a>					TBA	TBA
16:00	available for Pilates Privates - <a href="mailto:hello@catnow.com">hello@catnow.com</a>					TBA	TBA
17:00	Int/Adv Millie	Int/Adv Annie	Int/Adv Millie	Int/Adv Joanna	Int/Adv Filiz	TBA	TBA
18:00	Int/Adv Millie	Int/Adv Annie	Int/Adv Millie	Int/Adv Joanna	Int/Adv Filiz	TBA	TBA
19:00	Int/Adv Millie	Int/Adv Annie	Int/Adv Millie	Int/Adv Joanna	Int/Adv Filiz	TBA	TBA

all Classes are 50 minutes



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### Beginners Reformer Pilates Studio

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
07:00	TBA	TBA	TBA	TBA	TBA	TBA	TBA
08:00	TBA	TBA	TBA	TBA	TBA	Beginners Oliana	TBA
09:00	Beginners Nicole	Beginners Annie	Beginners Alessia	Beginners Annie	Beginners Noor	Beginners Oliana	Beginners Joanna
10:00	Beginners Nicole	Beginners Annie	Beginners Alessia	Beginners Annie	Beginners Noor	Beginners Oliana	Beginners Joanna
11:00	Beginners Nicole	Beginners Annie	Beginners Alessia	Beginners Noor	Beginners Noor	Beginners Oliana	Beginners Joanna
12:00	TBA	TBA	TBA	TBA	TBA	TBA	TBA
13:00	TBA	TBA	TBA	TBA	TBA	TBA	TBA
14:00	available for Pilates Privates - <a href="mailto:hello@catnow.com">hello@catnow.com</a>					TBA	TBA
15:00	available for Pilates Privates - <a href="mailto:hello@catnow.com">hello@catnow.com</a>					TBA	TBA
16:00	available for Pilates Privates - <a href="mailto:hello@catnow.com">hello@catnow.com</a>					TBA	TBA
17:00	TBA	TBA	Beginners Joanna	TBA	TBA	TBA	TBA
18:00	Beginners Alessia/Zina	Beginners Pepper	Beginners Joanna	Beginners Cecilia	Beginners TBA	TBA	TBA
19:00	Beginners Alessia/Zina	Beginners Pepper	Beginners Joanna	Beginners Cecilia	Beginners TBA	TBA	TBA

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### Yoga Studio

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>07:00</b>	available for Yoga Privates - <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
<b>08:00</b>	available for Yoga Privates - <a href="mailto:hello@catncow.com">hello@catncow.com</a>						
<b>09:00</b>	Vinyasa Kimy	Vinyasa Lydie	Vinyasa AnnaM	Vinyasa Lydie	Vinyasa Anna Innes		
<b>10:00</b>	Dharma Flow Alix	Yin Lydie	Yin Yoga AnnaM	Yin Lydie	Yin Anna Innes	Vinyasa Jinis	
<b>11:00</b>						Yin Jinis	
<b>12:00</b>	Vinyasa AnnaM	Vinyasa AnnaM	Hatha Jinis				Vinyasa to The Beat Nasrine
<b>13:00</b>	Yin Yoga AnnaM	Yin Yoga AnnaM	Yin Jinis				Slow Flow Nasrine
<b>14:00</b>	available for Yoga Privates - <a href="mailto:hello@catncow.com">hello@catncow.com</a>					workshops	workshops
<b>15:00</b>	available for Yoga Privates - <a href="mailto:hello@catncow.com">hello@catncow.com</a>					workshops	workshops
<b>16:00</b>	available for Yoga Privates - <a href="mailto:hello@catncow.com">hello@catncow.com</a>					workshops	workshops
<b>17:00</b>	available for Yoga Privates - <a href="mailto:hello@catncow.com">hello@catncow.com</a>					workshops	workshops
<b>18:00</b>	Vinyasa Anna Innes	Vinyasa Lydie	Hatha Carla	Vinyasa TBA	workshops		
<b>19:00</b>	Yin Nicola	Yin Lydie	Yin Carla	Yin TBA	workshops		

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Starting Soon

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### **Gym-Pilates Studio - Circuit Training Classes**

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

all Classes are 50 minutes



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