



www.catncow.com

11th June 2025

1 Harrington Gardens
SW7 4JJ
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 (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

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



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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 - hello@catnow.com					Int/Adv Alessia	Int/Adv Filiz
15:00	available for Pilates Privates - hello@catnow.com					TBA	TBA
16:00	available for Pilates Privates - hello@catnow.com					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	Beginners Rebecca	TBA
13:00	TBA	TBA	TBA	TBA	TBA	Beginners Rebecca	TBA
14:00	available for Pilates Privates - hello@catnow.com					Beginners Rebecca	TBA
15:00	available for Pilates Privates - hello@catnow.com					TBA	TBA
16:00	available for Pilates Privates - hello@catnow.com					TBA	TBA
17:00	TBA	TBA	Beginners Joanna	TBA	TBA	TBA	TBA
18:00	Beginners Alessia/Zina	Beginners Pepper	Beginners Joanna	Beginners Cecilia	Beginners Rebecca	TBA	TBA
19:00	Beginners Alessia/Zina	Beginners Pepper	Beginners Joanna	Beginners Cecilia	Beginners Rebecca	TBA	TBA

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Yoga Studio

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	Vinyasa Lydie	Vinyasa AnnaM	Vinyasa Lydie	Vinyasa Anna Innes		
10:00	Dharma Flow Alix	Yin Lydie	Yin Yoga AnnaM	Yin Lydie	Yin Anna Innes	Vinyasa Jinis	
11:00						Yin Jinis	
12:00	Vinyasa AnnaM	Vinyasa AnnaM	Hatha Jinis				Vinyasa to The Beat Nasrine
13:00	Yin Yoga AnnaM	Yin Yoga AnnaM	Yin Jinis				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 Anna Innes	Vinyasa Lydie	Hatha Carla	Vinyasa TBA	workshops		
19:00	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		

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