



18th May 2026

1 Harrington Gardens

SW7 4JJ

hello@catncow.com

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www.catncow.com

How to book

a) please download the Cat n Cow app from the Apple or Android store
if you already registered with MBO (mindbody online) then please login there and add
Cat n Cow as a studio

or b) you can register on www.catncow.com

Special Offers

Transformation Offer - 30 classes for 30 £300 *Highly recommended

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 12mon	£3,600
Private Appointment - Single Session	£120

FAQs

We're launching in stages - please see below for the latest on which facilities

Pilates Studios

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

Changing Rooms

Our studios are designed for the local community. We kindly ask that you

Cafe, Bar, Bistro

Opening 2026

New Teachers

We welcome CVs from new teachers. Please email hello@catncow.com