



20th May 2026

1 Harrington Gardens

SW7 4JJ

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

wa: +44 7860 212 574

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

### **Special Offers**

Transformation Offer - 30 classes for 30 days      £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 12months	£3,600
Private 1 to 1 Appointment - Single Session	£120
Private 1 to 2 Appointment - Single Session	£150

### **FAQs**

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

#### **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 arrive in your workout attire, ready to head straight to your class or gym session.

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

Opening 2026

#### **New Teachers**

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