



21st Sept 2026

1 Harrington Gardens

SW7 4JJ

hello@catncow.com

wa: +44 7860 212 574

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 days £300 *Highly recommended

Pricing

1 Class Pack valid for 3 months	£25
3 Class Pack valid for 3 months	£70
5 Class Pack valid for 3 months	£110
10 Class Pack valid for 3 months	£200
20 Class Pack valid for 6 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	£160

FAQs

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

Pilates Studios

We have three Pilates Reformer Studios

Studio 1 - is for Intermediate/ Advanced

Studio 2 - is for Beginners / Improvers

Studio 3 - is for Privates / Pilates Circuit Training

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