



Fitness and Massage

Studio 47 is an international and private studio that was founded with the aim of sharing the passion for fitness, nutrition and massage.

We are located in West Munich, offering a friendly and welcoming atmosphere to women and mums only.

www.studio47company.com

STUDIO 47 



Post-natal Fitness

Studio 47 is welcoming, safe and baby-friendly. The ideal environment to workout with your baby. You are going to focus on low-impact exercises, with light weights, gymnastic balls and elastic bands. Expect full-body training with music!

Every Monday at 10:00 or anytime upon request

Enjoy your workout with your baby!

Price: 15€/person (45 min group class)

Price: 25€/person (30 min 1:1 session)

Price: 45€/person (50 min 1:1 session)



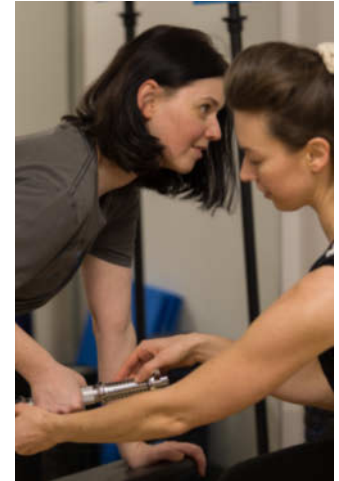
Personal Training

Studio 47 offers bespoke and effective workouts to meet your specific training needs.

The first Personal Training or Post-natal Fitness session will include a complementary initial consultation to get a better understanding of the goals to achieve.

Anytime upon request

Price: starting from 25€



NEW!! Advanced Muscle Relaxation

The class offers a unique moment of body relaxation. It helps to release muscle pain, to decrease stress and improves mobility.

Every Friday Morning at 10:00 or anytime upon request

Price: 15€/person (45 min group class)

Price: 20€/person (30 min 1:1 session)





Massage Treatments

Legs and Back massage
Anticellulite massage
All-body relaxing massage
Sport massage

Price: starting from 25€



NEW!! Combo Fitness&Massage

Option 1

Personal Training&Massage

Option 2

Post-natal Fitness or Muscle
Relaxation&Massage

STUDIO 47 

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