

Class Schedule

All classes are in English and/or in Italian

STUDIO 47 

Landsberger Straße 425, Munich

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Massages & Private sessions for Post-Natal/Muscle Relaxation/Training available anytime Monday to Sunday	✓	✓	✓	✓	✓	✓	✓
10:30	Post-Natal Fitness Strong 	Post-Natal Fitness	Post-Natal Fitness Strong 	Post-Natal Fitness			
11:30	Post-Natal Fitness Light 	Advanced Muscle Relaxation	Post-Natal Fitness Light 	Advanced Muscle Relaxation			
12:30	Fat Burning 	Fat Burning	Fat Burning 	Fat Burning		Fat Burning 	

Online Lesson (45 minutes)



All fitness and massage sessions are upon appointments!

Tel. 015237776096

Mask required



Studio 47 is a baby friendly studio, there are no gym machines, only soft balls, light weights and elastic bands.

