



BABY-BARRE

**NEW DATE: STARTING THURSDAY 20TH OF JANUARY 2022
FROM 10.30 UNTIL 11.30 A.M.**

What is Baby-Barre?

Are you a new mom and would like to get fit again quickly after having completed your postnatal recovery? You want a work-out where you can bring your baby along? Then Baby-Barre is the perfect class for you! Baby-Barre is considerate of the After-Baby-Body yet still offering an innovative and effective workout. We include elements from ballet, fitness and pilates for an intense 1h. work-out.

Visible results are achieved in a short time.

The training takes place in small groups with a maximum of 7 participants, all motivated new moms!

A baby carrier is useful for the exercises at the Barre, otherwise you can put your baby on a mat in front of you on the floor. Please bring a blanket, a nursing pillow or a Maxicosi.

For bookings and questions contact us at info@studio12-munich.com

STUDIO.12

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ABOUT THE COURSE

BABY-BARRE

Thursdays

5 classes from Thursday,
the 20th of January 2022 until
the 17th of February 2022

From 10.30 until 11.30 a.m.

The course is suitable for babies up to 12 months
and will be taught by Heidi in English

Only bookable as a package of 5 classes for 140€

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