




**ALSO AS
ONLINE CLASS**



BABY-BARRE

THE POST-NATAL WORKOUT TOGETHER WITH YOUR BABY

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!

You will receive a blanket for your baby. A baby carrier is suitable for the exercises at the barre. You are welcome to bring your own blanket, nursing pillow or Maxi-Cosi to make your baby comfortable.

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



ABOUT THE COURSE

BABY-BARRE

Thursdays

5 classes from Thursday,
From 10.30 until 11.30 a.m.

The course is suitable for babies
up to 12 months and will be taught by
post natal expert and naturopath
Anja Riesenber

Only bookable as a package
of 5 classes for 140€