



MEN'S FITNESS

EXCLUSIVE SMALL GROUP TRAINING FOR MEN ONLY

In this functional training for men only you will improve your strength and endurance, enhance your physical imbalances and work on your flexibility.

The class consists of exercises with the own body weight, in addition, is trained with dumbbells, kettlebells and other tools.

Training takes place in a permanent group with personal training character of max. six participants.

DATE

Mondays at 7 p.m.
Thursdays at 7 p.m.

Suitable for all ages and levels

Only bookable as a package of 5 classes for 150€

Booking and inquiries via info@studio12-munich.com

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