

Pilates  
Boutique

NEW

# Pilates Class

in English

**Sign in now!**



Welcome to the Pilates Boutique Munich, a classical, boutique Pilates Studio in the heart of Munich Schwabing.

Small groups with a maximum of five participants offer a very intimate and intensive but also relaxed training situation.

This special matwork class is taught in English (if needed also in German or Italian ;)). It is a great place to learn the basic Pilates movements, to enhance your Pilates skills, to improve strength, flexibility and balance for a better posture, a strong core and a healthy back.

To add variety to the exercises, we use different resistant props in our classes and also modify the original exercises to achieve the most benefit from your workout.

**When?** Every Tuesday, 07.45 pm (19:45 Uhr)

**Beginning:** 28th of September

Contact details:

phone +49 1525 65 70 360 or send an email to [training@pilatesboutique.de](mailto:training@pilatesboutique.de)

