

Pilates Class

in English

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

Small groups with a maximum of seven 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). 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, and to challenge our experienced clients, we use different resistant props in our classes and also modify the original exercises to achieve the most benefit from your workout.

When? Every Friday, 6.30 pm (18:30 Uhr)

Contact details:

phone +49 1525 65 70 360 or send an email to training@pilatesboutique.de

