

TRAINING AT OUR PARIS STUDIO?

Your studio and online training can work together.

If you're currently an active My Golden Hour Paris client, your online programme can complement your studio classes - helping you stay consistent, recover well and keep progressing throughout the week.

THE RIGHT BALANCE IS PERSONAL

Whether you train with us once, twice, three times, or four times per week or more, the best combination depends on the classes you attend, their intensity and how your body is recovering.

Instead of guessing, contact our team.

We'll help you get the most from both your Studio + Online experience.

CONTACT US FOR YOUR PERSONAL GUIDANCE

Tell us how often you train at the studio and which classes you usually attend.

Instagram	@mygoldenhour.fr
WhatsApp	+33 7 87 32 35 05
Email	contact@mygoldenhour.fr
Website	mygoldenhour.fr

YOUR BODY. YOUR RHYTHM. YOUR GOLDEN HOUR.