

GYMLES™

The Lobby Amsterdam

Premium group classes, in your own building.

5	40 min Gymles	15

5 min to change
and you're in the gym

40 min training
in a small group

15 min to shower
and back at your desk within 60 min

How to join.

Max 8 per class, always with a Gymles trainer. Book your spot in the Gymles app.



BUSINESS PRIVATE

Your own class, just for your team. One or more fixed times a week.



BUSINESS COMBI

Small team? Share a fixed class with another company in The Lobby, up to 4 colleagues per company per class.



OPEN GYM

Outside class times, the gym is open to everyone in The Lobby. Gym towels are provided, bring your own for the shower.

Join a class.

Try it first with a few colleagues. Feel free to share this with your team.

Book a trial class | **See the schedule**

More info and the schedule: **gymles.nl/en/the-lobby-amsterdam**
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SCAN FOR MORE