


FOR COMPANIES

# Your office gym.

40 minutes of training with your team, during work hours.

| 5 | 40 min Gymles | 15 |
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**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.

Always with a Gymles trainer, up to 10 per class. You book in the Gymles app.

### BUSINESS PRIVATE

Possible in every building. Your own class, just for your team, at fixed times.

### BUSINESS COMBI

Small team? Share a fixed class with another company, up to 4 colleagues each.

### BUSINESS CLUB

Does your building have a class schedule for everyone? Then you choose when you join.

## Join a class.

Forward this to your office manager, HR or management.

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

More info at **gymles.nl/en/companies**
hello@gymles.nl · +31 6 11 75 04 78

SCAN FOR MORE