

Logo

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ABOUT US

Regardless of where you're at on your fitness journey, welcome to BeFit! We are here to help you live a fit and healthy lifestyle. Our gym is designed to provide our customers with the best workout experience. From us you can expect personal training advice that takes into account your fitness level, a wide range of high quality equipment, spacious changing rooms and fun group classes. Our awesome staff is always ready to help, so please reach us to discuss your needs.

GYM OFFERS

The Gym

The gym is split into multiple zones that let you focus on carving out your goals. You'll have equipment engineered to enhance your cardio, core, flexibility and strength. Additionally our gym offers clean changing rooms with lockers and spacious showers.

Group classes

Exercising together creates positive, dynamic energy and helps you push your limits. Join our fun group classes! Full body fusion, Zumba, Latin fitness, Power yoga, Pilates, and much more is available at BeFit. Find the ones that will inspire you and [schedule](#) them right away. First trial class is free!

Personal training

Personal Training at BeFit means that our skilled personal trainers are always on hand to make sure you achieve your individual training goals, set new ones and keep the entire workout process enjoyable. You will be offered a tailored training program to get the most out of your gym visits.

MEMBERSHIP OPTIONS

OFF-PEAK

15€ per month

✓ Access to the gym restricted to off-peak hours

✓ Booking group classes 7 days in advance

STANDARD

30€ per month

✓ Unlimited access

✓ Booking group classes 7 days in advance

✓ One free personal training

PREMIUM

50€ per month

✓ Unlimited access

✓ Booking group classes 14 days in advance

✓ Four personal training sessions included

SIGN UP

First Name

Last Name

Email

Select an option

Message

Submit

OPEN HOURS

OFF-PEAK HOURS

CONTACT

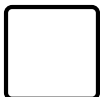
SOCIAL

Mon 08:00 - 22:00
Tue 08:00 - 22:00
Wed 08:00 - 22:00
Thu 08:00 - 22:00
Fri 08:00 - 21:00
Sat 09:00 - 16:00
Sun 09:00 - 16:00

08:00-10:00 and 16:00-19:00

BeFit Gym
Amsterdamweg 327
1111 AA Amsterdam
030 211 11 11
info@befit.club

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GYM TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00	Power Yoga	Classical Pilates	Power Yoga	Classical Pilates	Power Yoga	Classical Pilates	Power Yoga
09:00 - 10:00	Full Body Fusion	Latin Fitness	Full Body Fusion	Latin Fitness	Full Body Fusion	Latin Fitness	Full Body Fusion
10:00 - 11:00	Zumba	Power Pilates	Zumba	Power Pilates	Zumba	Power Pilates	Zumba
11:00 - 12:00	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing
16:00 - 17:00		Classical Pilates		Classical Pilates			
17:00 - 18:00	Zumba	Latin Fitness	Zumba	Latin Fitness	Zumba		
18:00 - 19:00	Power Yoga	Power Pilates	Power Yoga	Power Pilates	Power Yoga		
19:00 - 20:00	Full Body Fusion	Classical Pilates	Full Body Fusion	Classical Pilates	Full Body Fusion		
20:00 - 21:00	Kickboxing	Kickboxing	Kickboxing	Kickboxing	Kickboxing		

OPEN HOURS

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OFF-PEAK HOURS

08:00-10:00 and 16:00-19:00

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SOCIAL

