

BESTWELLNESS

TRAINING CLASSES PRICES GALLERY

< Become a Member

Super Offer: €29/Month

Right now you can get a gold membership for only €29/month

< Become a Member

Become one of 23987
members



Start training from
€26/month



GYM AND TRAINING IN ALL OF SWEDEN

With 272 clubs and almost 330,000 active members, we are one of Sweden's largest wellness chains. It gives us opportunities to constantly develop our gyms and to be at the forefront when it comes to training methods, equipment, staff and not least price. We will continue to be the people's best alternative in exercise and health - where everyone should feel at home.



CrossFit as a form of exercise revolves around natural movements. We do things that mimic the physical challenges our ancestors faced: sitting down and standing up, running, lifting, throwing, climbing, jumping, pushing and dragging. We have these movements in us naturally and they form the basis for the exercises that strive to master in CrossFit. There are as many versions of this form of training as there are trainers who teach it.



A personal trainer is there to help and support you in your training, so that you can perform better and reach your goals. Your coach is based on your conditions and needs. The program is tailored and you set goals and sub-goals together. Your coach is always with you during the session and peppers you so that you have more stamina!

Opening hours:

Monday-Friday 6am-22pm
Saturday-Sunday 8am-21pm

Address:

Bestwellness
Fitness Road 98
3876 Fitnesstown

Contact us:

Phone: 555-3498
Email: contact@bestwellness.com

Find us on:



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Train With Us

What fun that you want to train with us!

Welcome to try out a week of FREE training!

Come in and test one of our clubs for a week. The trial training applies to any Nordic Wellness club once per person and year, during manned times. [read more here](#)

We at Best Wellness offer training in many different forms. With us you will find everything from Dance, Strength, Flexibility, Cardio, Gym, Online training and much more. Our gyms are equipped with the latest tools / machines and several of our gyms have Crosscage cages with a functional surface.



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Our gyms are equipped with the very latest tools and machines to help you in your training. We want you to achieve results that can stimulate continuous exercise and good health!

WEIGHT TRAINING

Strength training has great benefits, it prevents as well as builds up optimal general health.

By strength training, you achieve good results, which hopefully stimulates continued continuous training. With us, you have access to the latest machines and tools, which makes it possible for you to use your full potential.

World-class group training! In our wide range of group training forms, we dare to say that we have something for everyone.

Best Wellness instructors are licensed and continuously trained to be up to date and deliver safe and effective training to you as a participant.

We continuously create our own new training concepts and together with the world-leading group training company Les Mills have the vision to share personal experiences through group training that change how the world views exercise and health. Train with us and have fun in the meantime!

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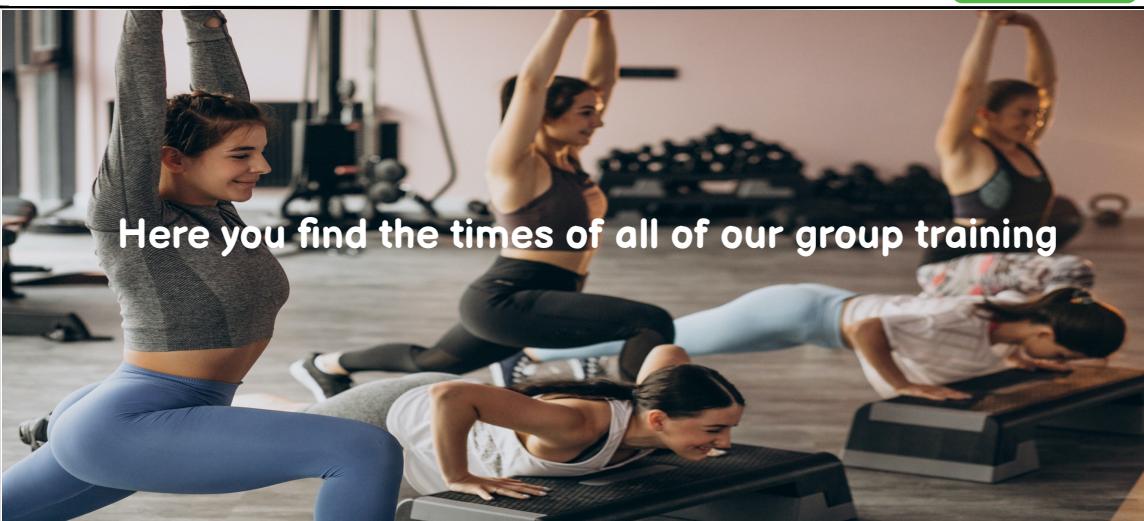
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Find us on:





Here you find the times of all of our group training

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
08:00							
09:00	Indoor Cycling						
10:00							
11:00							
12:00							
13:00							
14:00							
15:00	Body Attack						
16:00							
17:00							
18:00							
19:00							
20:00							
21:00	Combat						

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Price list - Memberships

lakjsdf

€26 per month

lakjsdf

Price

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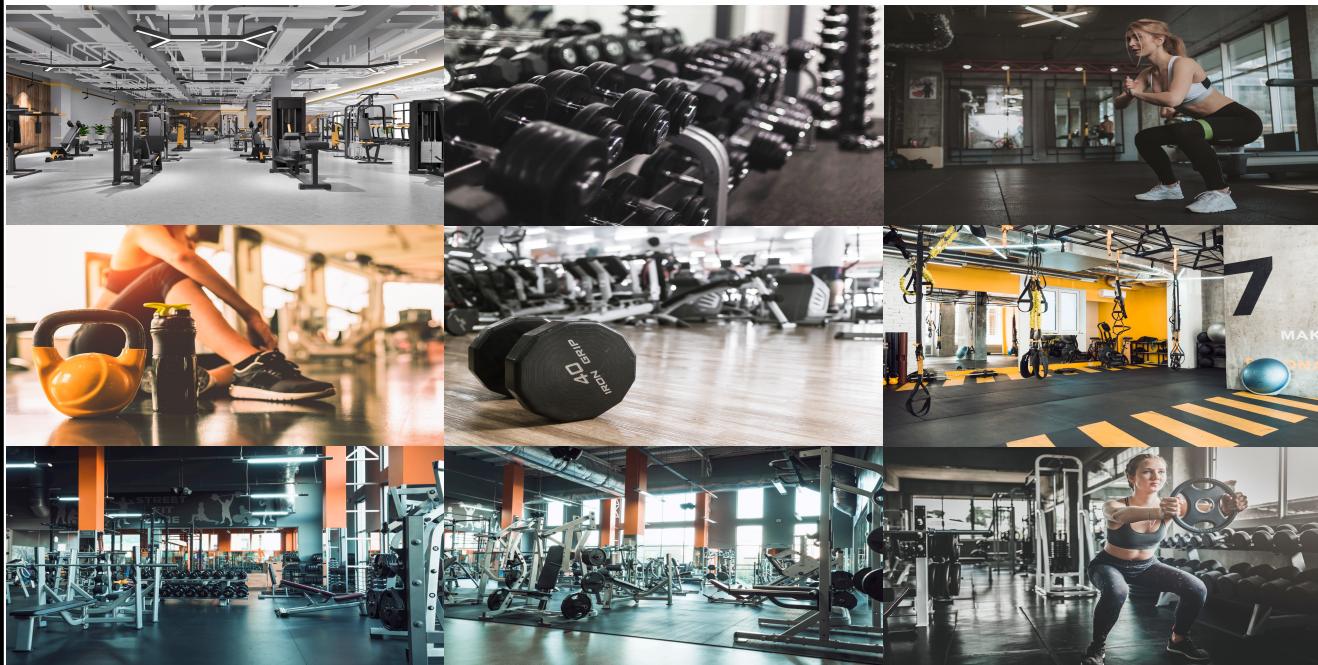
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