

Gyms & Fitness Centres in Bengaluru: contact list (free sample PDF)

1,513 contacts · 99% with mobile numbers · 47% with emails · 23% with landlines · Updated Oct 2026 · Full list ₹499 (90% off)

This list has 1,513 gyms & fitness centres in Bengaluru, Karnataka with contact details. 99% have a mobile number, 47% an email address, 23% a landline and 25% a website. 99% come with a street address, 33% with the contact person's name and 61% with a PIN code.

Where a locality is given, most are in Koramangala (41), JP Nagar (29) and Marathahalli (28), followed by Jayanagar, Rajajinagar and Banashankari 3rd Stage.

By category, the biggest groups are Gymnasiums/health Clubs (515), Yoga Training Centres (185) and Gymnasium Equipments (106).

Get all 1,513 contacts in Excel: <https://starleads.in/data/gyms-fitness-centres-in-bengaluru/>

60 contacts from this list

Phone numbers and emails are partly masked in this sample; the list you buy is complete.

#	Business	Contact person	Category	Mobile	Landline	Email	Address	City	PIN
1	Arogya Mandira Trust	Dinish	Yoga Training Centres	+91 98457XXXX	080-2579XXXX	in***@arogyamandira.co m	148, 1st R Block Woc Road, Near To Iskcon Temple	Bengaluru	560010
2	Ayuryoga	Joshya	Yoga Training Centres	+91 95350XXXX	080-4097XXXX	in***@ayuryoga.in	369, 14th Main, 23rd Cross, Sector 7, Next To Golden Arch Montessori School	Bengaluru	560102
3	Ayush	G N Sreekantaiah	Yoga Training Centres	+91 94815XXXX	080-2287XXXX	di*****@gmail.co m	Ananda Rao Circle	Bengaluru	560009
4	Bhagwans Gym	Madhu	Gymnasiums/health Clubs	+91 98453XXXX	080-3292XXXX	bh*****@gmail.com	NO.164, 2nd Floor, 80FT Road, Subbanapalya, Banaswadi, Above Tvs Showroom	Bengaluru	560043
5	Contours International Womens Health and Fitness Studio	Chandra Gopalan	Gymnasiums/health Clubs	+91 98455XXXX	080-6650XXXX	pr*****@contoursinternat ional.in	Jayanagar 7th Block 1st Floor 9th Cross 540/1	Bengaluru	560082
6	Core Fitness	Ruban	Gymnasiums/health Clubs	+91 98866XXXX	080-6681XXXX	in***@corefitness.co.in	382/12, Valinath Chawk 132FT Ring Road Near Gopalnagar Chross Road Memnagar, Opp Ramakrishna Nursing Home	Bengaluru	560076
7	Dhriti Yoga Studio	Satya	Yoga Training Centres	+91 98860XXXX	080-4128XXXX		1st Floor, Savinaya Building, 64, 2nd Stage, Near Home Needs Super Market	Bengaluru	560076
8	Fast Fitness Zone	Srinivasa	Gymnasium Equipments	+91 93421XXXX	080-4150XXXX	ve*****@g mail.com	76/11-1, 80 Feet Road, Hbr Layout, Kacharakanahalli	Bengaluru	560034
9	Fit Life Gym	K S Ram	Gymnasiums/health Clubs	+91 81052XXXX	080-2523XXXX	fi*****@gmail.co m	No 141 Ram Anjenaya Complex, 1st and 2nd Floor, 7th Cross Ashwath Nagar, Opposite Anjenaya Temple near Kalamandir Showroom	Bengaluru	560037

#	Business	Contact person	Category	Mobile	Landline	Email	Address	City	PIN
10	Fit N Fine	Dr Farida	Yoga Training Centres	+91 99019 XXXXX	080-6649XXXX	fi.....@yahoo. co.in	Diamond District, 14th Cross, 2nd Main, Andrahalli, Bairaveshwara Industrail Estate, Peenya, Near To Old Airport Main Road	Bengaluru	560038
11	Fitness Cube	Praveen S P	Gymnasiums/health Clubs	+91 98867 XXXXX	080-6649XXXX	en.....@fitnesscube.in	NO.12, Sri Sai Arcade, 3rd Flr, 80FT Road, Puttalingaiah Road, Above Nilgiris, Near D J Hospital	Bengaluru	560070
12	Fitness First	Rahul Sethi	Gymnasiums/health Clubs	+91 97392 XXXXX	080-4283XXXX	ev.....@fitnessfirst. net.in	NO.60, Eva Mall, Next To Hm Towers	Bengaluru	560025
13	Fitness One Group India Ltd	Wilston	Gymnasiums/health Clubs	+91 98860 XXXXX	080-2653XXXX	pi....@fitnessone.co.in	A- 16/1, 9th Cross South End Circle 3rd Block, Near Patalama Temple	Bengaluru	560011
14	Fitness Plus	Suresh	Gymnasiums/health Clubs	+91 99029 XXXXX	080-4093XXXX	dr.....@yahoo.c om	Koramangala Sector 11 D Mini Market 5	Bengaluru	560034
15	Fitness World Gym	Srinivas	Gymnasiums/health Clubs	+91 93412 XXXXX	080-4210XXXX	my.....@gm ail.com	NO.5 Banasawadi Main Road, Ombr Layout, Bangalore - 560033, Above Srinidhi Upchar	Bengaluru	560043
16	Genesis the Fitness Forum	Praveen	Gymnasiums/health Clubs	+91 98452 XXXXX	080-2658XXXX	ge.....@gmail. com	Anu Plaza, 650, Aurobindo Circle 11th Main 5th Block J P Nagar Main Road	Bengaluru	560041
17	Golds Gym	Karthik	Gymnasiums/health Clubs	+91 99000 XXXXX	080-4915XXXX	sa.....@g oldsgymindia.com	Plot No. 6, near Jaya Nagar 3rd Block Bus Stop Jaya Nagar 3rd Block	Bengaluru	560011
18	Golds Gym	Seema Seth	Gymnasiums/health Clubs	+91 93530 XXXXX	080-4907XXXX	ja..... •@goldsgymindia.com	No. 788, 2nd Floor, 12th Main Road, near Sony World Indira Nagar Bangalore 560038	Bengaluru	560095
19	Golds Gym	Rohan Ajila	Gymnasiums/health Clubs	+91 98862 XXXXX	080-4147XXXX	ri.....@gol dsgymindia.com	near City Bank Richmond Town	Bengaluru	560025
20	Herbalife International (india) Pvt Ltd	Kushal	Slimming Centres	+91 98025 XXXXX	080-4031XXXX	in.....@herbalife.c om	14, Nanavat Main Road, Near Ganesh Temple	Bengaluru	560025
21	Inspirations	Mr Kantha Raj	Gymnasiums/health Clubs	+91 98809 XXXXX	080-4112XXXX	in.....@gmail. com	1st Floor, 332/7, Dodda Bommasandra, Renukamba Temple Street, Near Josco Jewellers	Bengaluru	560011
22	International Gym and Karate Institute	Sathya Sheela K V	Gymnasiums/health Clubs	+91 98452 XXXXX	080-2353XXXX	sa.....@gmail.c om	NO.46, Roshini 2nd Main Road, Chinnana Layout, Kaval Byrasandra, R T Nagar, Opposite To Grace International School	Bengaluru	560032
23	Life Fitness	Syed Abdul Rauuf	Gymnasiums/health Clubs	+91 98860 XXXXX	080-4128XXXX	ra.....@yahoo.co.in	NO.5, Ymia Building, Ground Floor, Bangalore - 560042, Next To Bengali Association	Bengaluru	560046
24	Lotus Yoga Foundation	Karuna Murthy	Yoga Training Centres	+91 96865 XXXXX		km....@lotusyoga.in	Banneraghatta Road 156	Bengaluru	560076
25	Maharshi Institute of Creative Intelligence	Prabhakar D L	Yoga Training Centres	+91 98862 XXXXX	080-2679XXXX	bl.....@gmail. com	Prakruthi Residency, 25 G-1	Bengaluru	560085

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26	Maitri Foundation		Yoga Training Centres	+91 99161XXXXX	080-2671XXXX	in***@maitrifoundation.com	1st Floor, 1012, Main Road, Near To Kims College	Bengaluru	560070
27	Nap Health and Fitness	Meenal Agarwal	Gymnasiums/health Clubs	+91 90085XXXXX	080-2552XXXX	in***@napfit.in	3rd Floor, Art Arcade, NO.107, 18th A Main, 4th Cross, 6th Block	Bengaluru	560034
28	Ojas Therapy Centre		Yoga Therapy	+91 99020XXXXX	080-2678XXXX	in***@ayurvedainojas.com	239, 9th Cross, 6th Block, Behind Shoppers Stop	Bengaluru	560076
29	Patels Inn	Shekar		+91 99808XXXXX	080-2333XXXX	in***@patelsinn.com	# 1 15th CROSS2ND Block, Govindaraj Garden R.T Nagar, Near B.D.A Complex	Bengaluru	560032
30	Phoenix Fitness	Pankaj Tiku	Fitness Trainers & Consultants	+91 98805XXXXX	080-4122XXXX	pa*****@hotmail.com	NO.9, 2nd Floor, 2nd Main, 12th Cross, Near HDFC Atm	Bengaluru	560016
31	Power House	Srinivas	Gymnasiums/health Clubs	+91 94486XXXXX	080-2669XXXX	gy*****@gmail.com	NO.55, 1st & 2nd Floor, Opp Katriguppa Water Tank, Nxt To Ibaco Icecream Parlour	Bengaluru	560085
32	Pradipika Institute of Yoga & Therapy	Pooja Shetty	Yoga Therapy	+91 97421XXXXX	080-2332XXXX	pr*****@aol.in	1st Floor, 211, Judges Bunglow Road, Opp Bwssb Cash Counter	Bengaluru	560010
33	Pranava Holistic Healing & Rejuvenation Centre		Gymnasiums/health Clubs	+91 98867XXXXX	080-6653XXXX	pr*****@gmail.com	Basavanagar K B Sandra Doddana Nagar #892/A, 3rd Cross, Ashok Nagar, 1st Stage	Bengaluru	560037
34	Reforma Fitness	Vijay	Gymnasiums/health Clubs	+91 95910XXXXX	080-4217XXXX	re*****@gmail.com	#1, 4th Floor, Sanjaynagar Main Road, Bangalore - 560094, Opposite To Vaibhav Theatre	Bengaluru	560054
35	Sankalpa Yoga & Natural Health Centre	Lokesh	Yoga Training Centres	+91 98453XXXXX	080-2669XXXX		322, Khb Main Road R T Nagar, Near Food World	Bengaluru	560070
36	Santus Fitness One	Santhosh	Aerobics Training Centres	+91 94483XXXXX	080-2524XXXX	sa*****@gmail.com	108/7, 2nd Flore, Telephone Exchange Road, 2 Nd Main, Behind Hp Petrol Bunk, SG Palya	Bengaluru	560093
37	Shuddham Yoga	Sanju Upadhyay	Yoga Training Centres	+91 98455XXXXX	080-2362XXXX	sh*****@gmail.com	Royal Enclave, 44, Ambika Industrial Estate, Magdalla Road	Bengaluru	560064
38	Sindhoor Constructions	Srikanth K.G	Gymnasiums/health Clubs	+91 98450XXXXX	080-2679XXXX	si*****@gmail.com	Banashankari Mahavir Chamber Banaji Street Fountain 37, 1st B Cross, Banagirinagar, 3rd Stage, Banshankari	Bengaluru	560029
39	Snap Fitness	Saveen Menon	Gymnasiums/health Clubs	+91 95914XXXXX	0124-420XXXX	in***@snapfitnessindia.com	Office Number- 139 To 141, First Floor, Facing Faridabad Road, Gurgaon - 122002, Near To Corporation Bank, DLF Qutab Plaza Market	Bengaluru	560040
40	Snap Fitness	Vanshika Pramanik	Gymnasiums/health Clubs	+91 98809XXXXX	080-2360XXXX	be***@snapfitnessindia.com	No 18, 2nd Floor, Rasasri Chambers, Jaladarshini Layout, Bangalore - 560054, Near Kfc Restaurant	Bengaluru	560066
41	Snap Fitness	Yogita Agarwal	Gymnasiums/health Clubs	+91 99005XXXXX	080-6649XXXX	rt*****@snapfitnessindia.com	NO-117, 2nd Flr, Hari Mansion, 80FT Road, Opp Bata Showroom, Above Kfc	Bengaluru	560032

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42	Snap on Tools	Navya Natraj	Gymnasiums/health Clubs	+91 99000 XXXXX	080-6649XXXX		1st Floor, 2469, Near Bda Complex	Bengaluru	560070
43	Soham Yoga Centre	Mr Johnson	Yoga Training Centres	+91 99012 XXXXX	080-2535XXXX	so*****@yahoo.com	294/1, Ns Palya, Banerghatta Main Road, Above Corporation Bank	Bengaluru	560071
44	Sri Mookambika Yoga Care Centre	Chandran M A	Yoga Training Centres	+91 99002 XXXXX	080-2851XXXX	ch*****@yogaforcure.org	Doorvani Nagar Akash Nagar, B Narayanapura Extension 168/1	Bengaluru	560016
45	Sri Sai Fitness	Hanumanthappa	Gymnasiums/health Clubs	+91 94480 XXXXX	080-2666XXXX	sh*****@gmail.com	41/1, Ramakrishna Nagar, Near To Univer Cell	Bengaluru	560078
46	Stayfit Health & Fitness World Pvt Ltd	Dishith	Gymnasiums/health Clubs	+91 99004 XXXXX	080-4121XXXX	in***@stayfitindia.com	NO.580, 11th Main, 36th Cross, Opposite To Shanthi Nursing Home	Bengaluru	560041
47	Steves Gym India	Mr Stephen Steves	Gymnasiums/health Clubs	+91 98440 XXXXX	080-2535XXXX	st***@stevesgym.com	NO.1, G R Cmplx, 2nd Floor, Old Airport Road, Opp Domlur Post Office	Bengaluru	560071
48	Suffix Pools Pvt Ltd	Mr Satheesha M K	Gymnasiums/health Clubs	+91 93430 XXXXX	080-4162XXXX	su*****@gmail.com	Basavanagar #1040, 3rd Main Road, 2nd Stage	Bengaluru	560037
49	Sunshine Garment Finishing Equipments	Bhaskar	Fitness Trainers & Consultants	+91 98450 XXXXX	080-2348XXXX	bh*****@yaho o.com	134, 10th Cross, Pete Chennappa Industrial Estate, Behind Pooja Kalyana Mantapa	Bengaluru	560079
50	Surya Jyothi Yoga Vedanta Centre	Swami Krishnananda	Yoga Training Centres	+91 99025 XXXXX	080-2550XXXX	su*****@gmail.com	46, Near Lakadipool, Behind Sukh Sagara Restaurant	Bengaluru	560095
51	Svyasa	Vijaya Hariharan	Yoga Training Centres	+91 97400 XXXXX	080-2660XXXX	sv*****@svyasa.org	23/A, 19, Gavipuram Circle, Behind Gavigangadhareshwara Temple	Bengaluru	560019
52	Swamy Vivekananda Yoga Kendra	Parvati Bhat	Yoga Training Centres	+91 95384 XXXXX	080-2338XXXX	pa*****@gmail.com	1172, Pipe Line Road, Opp Blue Hyundai Car Showroom	Bengaluru	560010
53	The Fitness Explorer	Suganthan	Gymnasiums/health Clubs	+91 99724 XXXXX	080-4110XXXX	fi*****@gmail.com	3rd Floor, #8, Above Andra Bank	Bengaluru	560078
54	Universal Gym	Satish	Gymnasium Instructors	+91 98441 XXXXX	080-2668XXXX	sa*****@gmail.com	#1, near Coffee Day Bannerghatta Main Road	Bengaluru	560076
55	Verve Health & Fitness Centre	Ashok Gowda	Gymnasiums/health Clubs	+91 89700 XXXXX	080-4150XXXX	ve*****@gmail.com	29, 8th B Main Road, BTM 1st Stage, Opposite Gopalan Mall	Bengaluru	560076
56	Vidya Herbs Private Limited	Mr Vidya, Mr Shyam Prasad, Mr Shyam Prasad, Mr Chandrasekhar K	Ashwagandha, Boswellia, Amla, Gymnema, Garciniacambogia	+91 80417 XXXXX	080-2649XXXX	vi*****@sify.com	322-A, 23rd Main, 16th Cross, JP Nagar, 5th Phase	Bengaluru	560078
57	Vishwa Poornimas Yoga Centre	Venkatesh	Yoga Training Centres	+91 93413 XXXXX	080-6681XXXX	tv*****@yahoo.co.in	1, Near Syndicate Bank	Bengaluru	560017
58	Vlcc	Nima N Nair	Slimming Centres	+91 99028 XXXXX	080-4153XXXX	ba*****@vlcc.co.in	1st Floor, 19/4, Vidyasagargrama, Opposite Food World	Bengaluru	560052
59	Yoga Nikaya	Sunith P V	Yoga Therapy	+91 98867 XXXXX	080-4166XXXX	pv*****@gmail.com	Jayanagar 1st Block	Bengaluru	560011

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60	Yogaathma Foundation	Raghavendra Guruji	Yoga Training Centres	+91 90368 XXXXX	080-4204XXXX	co.....@yogaathma.org	1st Floor, Krishna Vijayam Complex, 19, Eksarroad, Opp HDFC Bank Atm	Bengaluru	560016

Questions

How many gyms & fitness centres are there in Bengaluru?

This list has 1,513 gyms & fitness centres in Bengaluru, Karnataka with contact details, 99% of them with a mobile number. It's the count in Starleads' data, not an official census.

How can I get the contact numbers of gyms & fitness centres in Bengaluru?

Download this list in Excel: 1,513 contacts, 99% with a mobile number and 47% with an email address. Check 60 real contacts free first, then pay ₹499 (90% off) by UPI or bank transfer.

Which areas of Bengaluru have the most gyms & fitness centres?

Koramangala (41), JP Nagar (29), Marathahalli (28), Jayanagar (23) and Rajajinagar (21).

Is there a free gyms & fitness centres list PDF for Bengaluru?

Yes. The free sample PDF has 60 contacts from this list, with phone numbers and emails partly masked. The full list comes as an Excel workbook.