



IS FOR EVERYONE

TEAM TRAINING. LIFE CHANGING.

We have ex athletes, mums returning from having a baby, pregnant mums, busy dads, working professionals and business owners, students, tradies, office workers, people woking through injury, people new to exercise, experience and inexperience and all in between training in the same studio.

If you're worried it's not for you, we can promise you there's others like you who make it their own. We work with everyone from all backgrounds, all walks of life, all goals and limitations.

START YOUR F45 JOURNEY TODAY
NEW 9:30AM CLASS
ADDED TO THE WEEKLY SCHEDULE



Amanda Kirkham
5 reviews

★★★★★ 6 months ago

These classes push me wayyyy more than I would do myself at a 'regular gym'. The 5am classes suit me so I can get in and out before the kiddos wake up & booking in on the app makes me accountable. The trainers are all super friendly and I'm already seeing improvements in my fitness in just a few weeks :)
Cannot fault F45 Croydon!



Giselle Saunders
1 review

★★★★★ 9 months ago

I have been to the F45 Croydon studio since 2018 and absolutely love it. After having kids, F45 gives me the flexibility to train and go around them, as there are many sessions a day you can attend. The atmosphere is amazing, supportive and such a fun place to work out. The trainers are fantastic, they know their stuff and are there every step of the way to help with your fitness goals. You feel like you are apart of a family. I have lost over 25 kgs there and after 3 pregnancies, its the only thing that works for me to lose the baby weight, keep it off and gets me fit.

Call or text Alice on 0447 736 357
for a complimentary session