



INNOVATIVE * FUNCTIONAL

▶ HIGH INTENSITY

45min classes with always changing workouts that push your mind and body. A truly unique experience.



ALL FITNESS LEVELS

▶ FOR EVERYONE

Motivating team environment accessible for all levels of fitness. DJ Hollywood sessions on Saturdays.



BOOK YOUR SESSION NOW

▶ ON OUR WEBSITE

Achieve incredible results with our cost-effective, fun, motivating and ever changing team based training.

TEAM TRAINING ★ LIFE CHANGING

www.f45training.com.au/northcote

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HIGH INTENSITY FUNCTIONAL TRAINING 45min CLASSES

📍 2 Separation St
NORTHCOTE

