



[WWW.GYM-LOCATION.CO.UK](http://WWW.GYM-LOCATION.CO.UK)

GYM LOCATION IS GROWING AND ARE LOOKING FOR NEW SITES.

12,000 TO 30,000 SQFT

CLASS E.

24 HOUR USE REQUIRED

## BY NUMBERS

MEMBER BASE

11,000

ANNUAL TURNOVER

£5MILLION

OPERATING PROFIT

45%



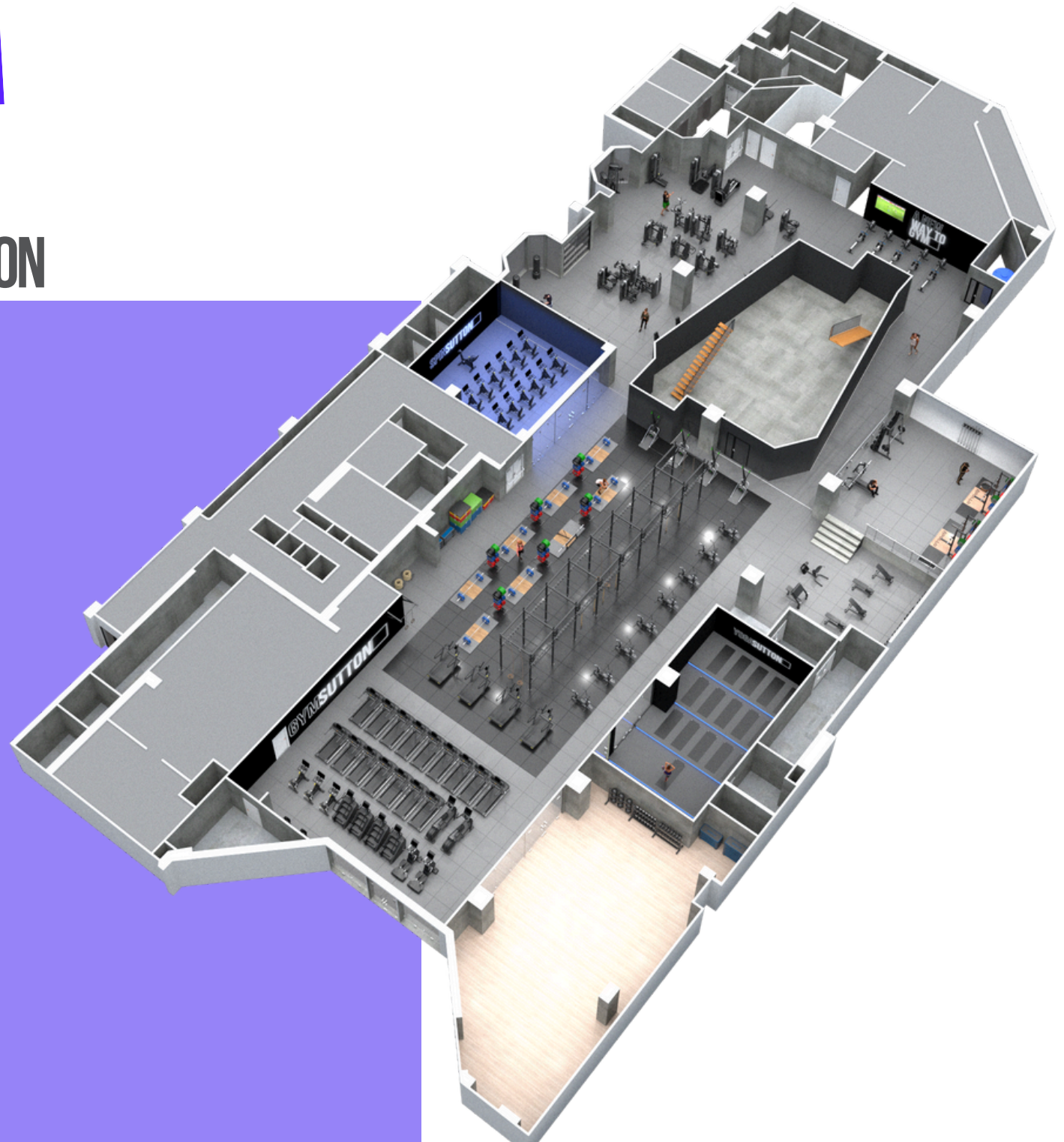
THE  
BEST  
GYM IN  
TOWN



GYMLOCATION 

## GYM SUTTON ST NICHOLAS CENTRE, SUTTON

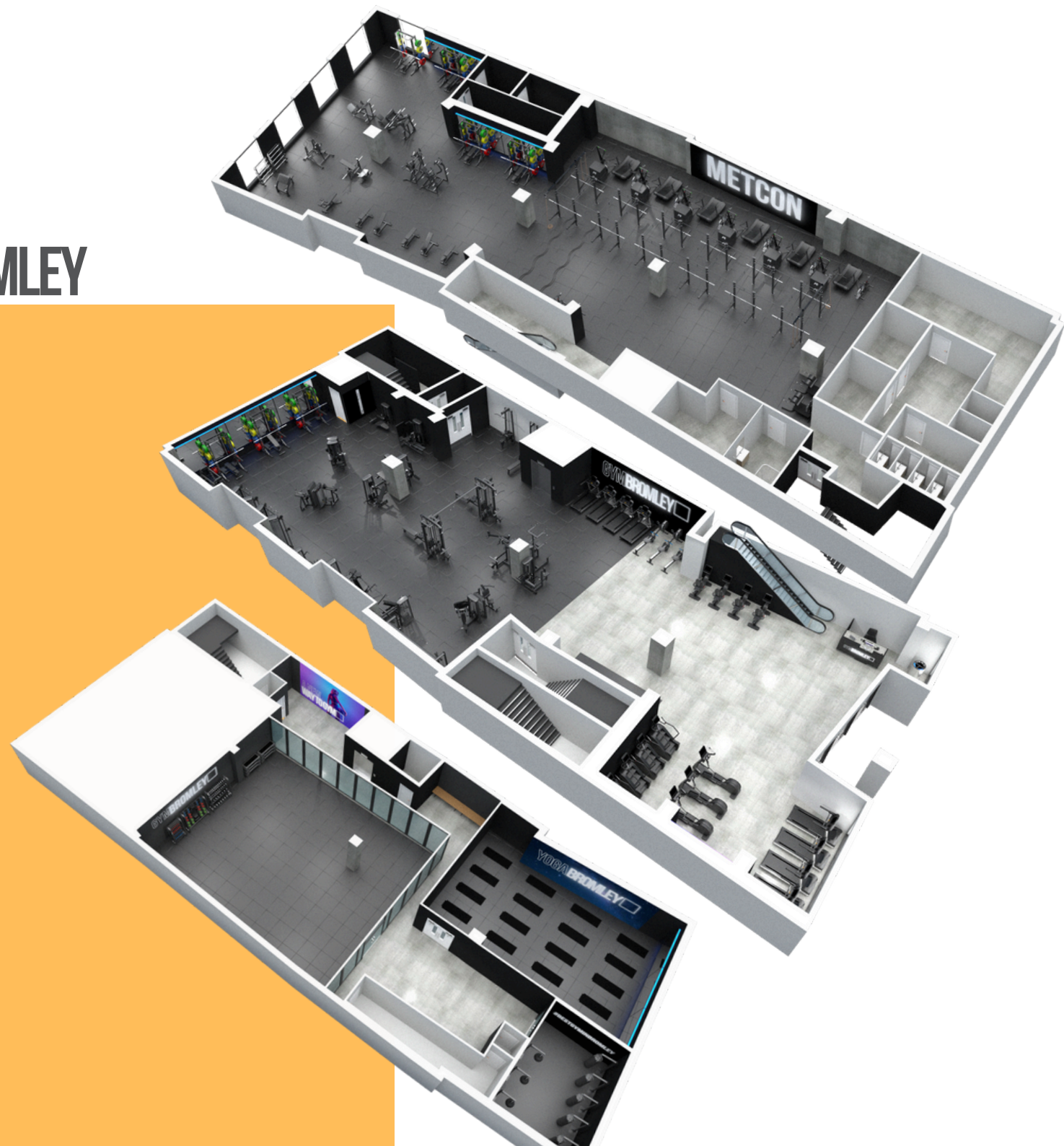
18,000 SQ FT  
24 HOUR ACCESS  
FREE PARKING  
HOT YOGA  
60 CLASSES P/W  
METCON  
BOXING  
FREE WEIGHTS  
RESISTANCE KIT  
CARDIO KIT  
BODY PUMP



**GYMLOCATION** 

# **GYM BROMLEY** **156-160 HIGH STREET, BROMLEY**

**16,000 SQ FT**  
**3 FLOORS**  
**24 HOUR ACCESS**  
**FREE PARKING**  
**HOT YOGA**  
**60 CLASSES P/W**  
**METCON**  
**BOXING**  
**FREE WEIGHTS**  
**RESISTANCE KIT**  
**CARDIO KIT**  
**BODY PUMP**

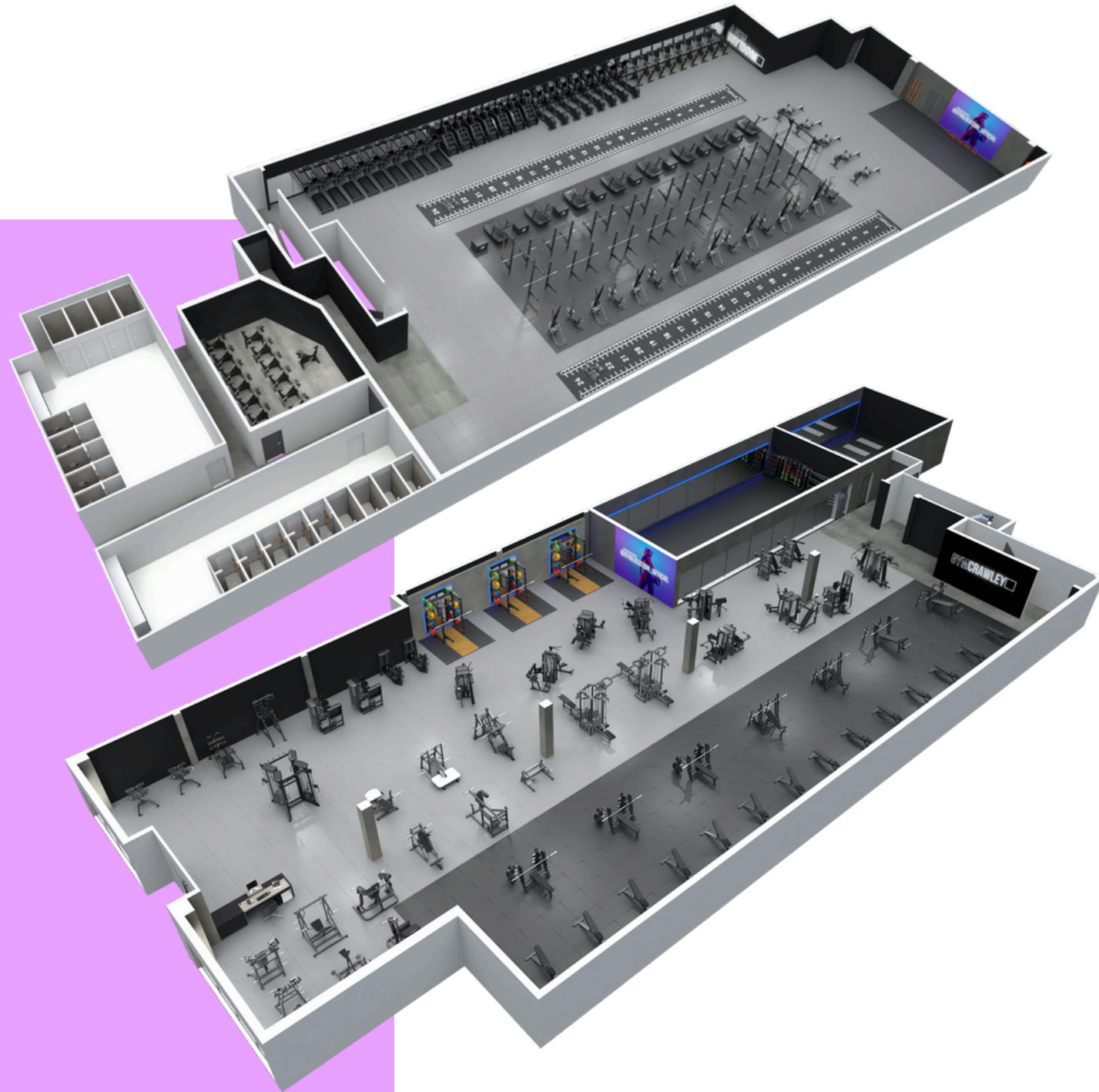




GYMLOCATION 

## GYM CRAWLEY UNIT 1 KINGSGATE, CRAWLEY

26,000 SQ FT  
2 FLOORS  
24 HOUR ACCESS  
FREE PARKING  
HOT YOGA  
60 CLASSES P/W  
METCON  
BOXING  
FREE WEIGHTS  
RESISTANCE KIT  
CARDIO KIT  
BODY PUMP



GYMLOCATION 

## GYM EASTBOURNE 4 BIRCH CLOSE, EASTBOURNE

22,000 SQ FT  
24 HOUR ACCESS  
FREE PARKING  
HOT YOGA  
60 CLASSES P/W  
METCON  
BOXING  
FREE WEIGHTS  
RESISTANCE KIT  
CARDIO KIT  
BODY PUMP



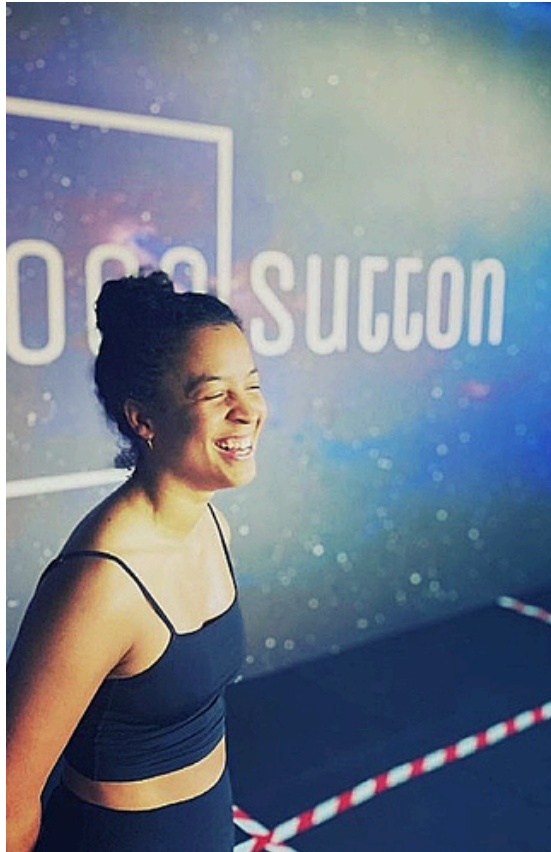
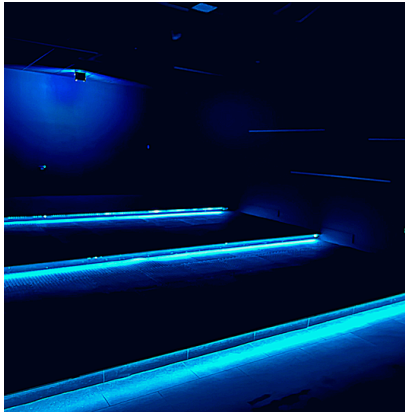


## HOT AS F\*\*K YOGA

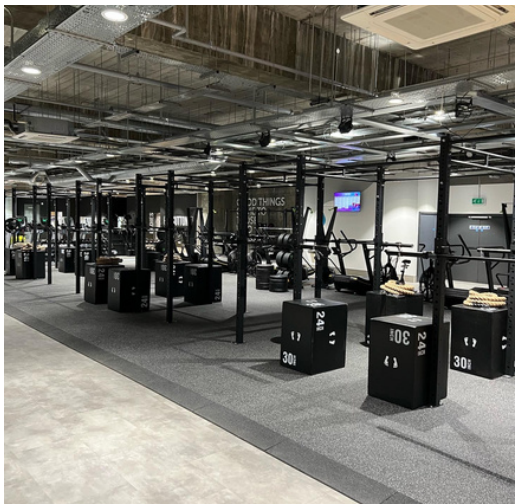
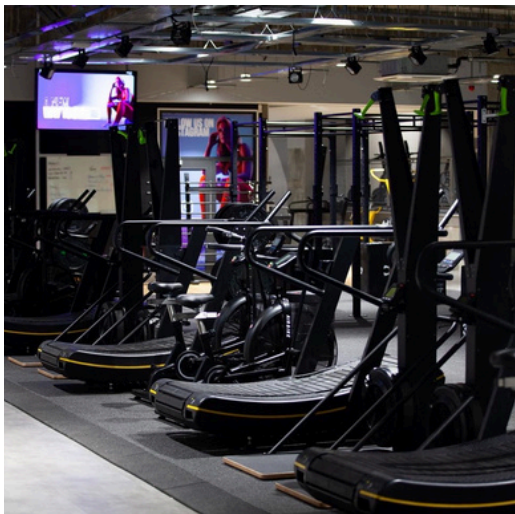
Vinyasa Flow at 38 degrees...

Combined with low-fi beat music & mood lighting makes this more than just a yoga class.

Plus, the guidance from our amazing instructors makes these classes suitable for all levels.







DEDICATED  
METCON  
AREA

GYMLOCATION

## METCON SQUARED

Strength & Conditioning taken to a new level...

Metcon combines functional training, olympic lifting and extreme metabolic conditioning.

Learn to LIFT and push your body to a new level of fitness.





# THE BEST GYM IN TOWN...

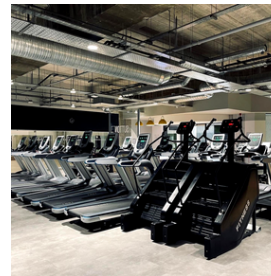
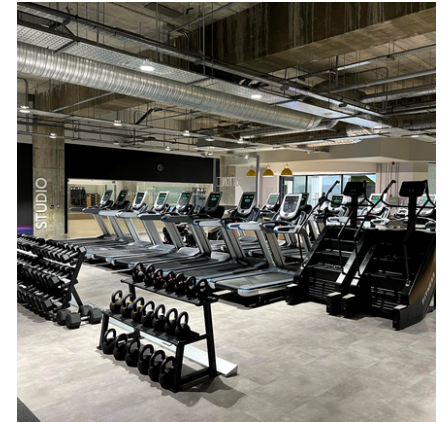
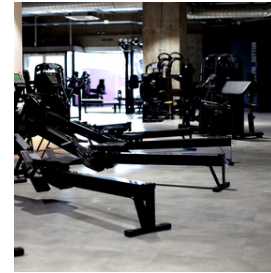
GYMLOCATION

**HUGE Free Weights Area (16 Squat Racks!)**

**Top of the range Cardio equipment.**

**Dedicated Aerobics Studio.**

**AND MUCH MORE.**







# GYMLOCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>INTRO SQUARED</b> AEROBICS STUDIO 06:10am 55 minutes	<b>SPIN SQUARED</b> SPIN STUDIO 06:10am 45 minutes	<b>METCON SQUARED</b> METCON STUDIO 06:10am 55 minutes	<b>JUST YOGA</b> AEROBICS STUDIO 06:10am 55 minutes	<b>ZONE SQUARED</b> METCON STUDIO 06:10am 55 minutes	<b>SPIN SQUARED</b> SPIN STUDIO 08:10am 45 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 08:10am 55 minutes
<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 06:10am 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 07:10am 55 minutes	<b>BOX SQUARED</b> AEROBICS STUDIO 07:10am 55 minutes	<b>METCON SQUARED</b> METCON STUDIO 07:10am 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 07:10am 55 minutes	<b>INTRO SQUARED</b> AEROBICS STUDIO 08.10am 55 minutes	<b>METCON SQUARED</b> METCON STUDIO 09:40am 55 minutes
<b>METCON SQUARED</b> METCON STUDIO 07:10am 55 minutes	<b>JUST YOGA</b> AEROBICS STUDIO 09:30am 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 09:30am 55 minutes	<b>SPIN SQUARED</b> SPIN STUDIO 09:00am 45 minutes	<b>METCON SQUARED</b> METCON STUDIO 09:30am 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 09:00am 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 10:00am 55 minutes
<b>BOX SQUARED</b> AEROBICS STUDIO 09:30am 55 minutes	<b>METCON SQUARED</b> METCON STUDIO 12:30pm 55 minutes	<b>SPIN SQUARED</b> SPIN STUDIO 12:30pm 45 minutes	<b>INTRO SQUARED</b> AEROBICS STUDIO 09:30am 55 minutes	<b>BOX SQUARED</b> AEROBICS STUDIO 12:30pm 55 minutes	<b>METCON SQUARED</b> METCON STUDIO 10:00am 55 minutes	<b>ZUMBA</b> AEROBICS STUDIO 10:15am 55 minutes
<b>BODY PUMP</b> AEROBICS STUDIO 12:30pm 55 minutes	<b>ZUMBA</b> AEROBICS STUDIO 06:00pm 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 05:30pm 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 12:30pm 55 minutes	<b>BOX SQUARED</b> AEROBICS STUDIO 05:30pm 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 10:30am 55 minutes	<b>SPIN SQUARED</b> SPIN STUDIO 10:30am 45 minutes
<b>MILITARY FIT</b> METCON STUDIO 12.30pm 55 minutes	<b>ZONE SQUARED</b> METCON STUDIO 06:30pm 55 minutes	<b>BODY PUMP</b> AEROBICS STUDIO 06:30pm 55 minutes	<b>BODY PUMP</b> AEROBICS STUDIO 06:00pm 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 06:00pm 55 minutes	<b>BOX SQUARED</b> AEROBICS STUDIO 11:10am 55 minutes	<b>LEGS, BUMS &amp; TUMS</b> AEROBICS STUDIO 11.10am 55 minutes
<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 06:10pm 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 07:00pm 55 minutes	<b>SPIN SQUARED</b> SPIN STUDIO 07:00pm 45 minutes	<b>SPIN SQUARED</b> SPIN STUDIO 06:30pm 45 minutes	<b>METCON SQUARED</b> METCON STUDIO 06:30pm 55 minutes		
<b>METCON SQUARED</b> METCON STUDIO 06:30pm 55 minutes	<b>BOX SQUARED</b> AEROBICS STUDIO 07:00pm 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 07:20pm 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 07:00pm 55 minutes	<b>COMPOUND CLUB</b> METCON STUDIO 07:40pm 55 minutes		
<b>SPIN SQUARED</b> SPIN STUDIO 07:00pm 45 minutes	<b>METCON SQUARED</b> METCON STUDIO 07:30pm 55 minutes	<b>METCON SQUARED</b> METCON STUDIO 08:30pm 55 minutes	<b>ZONE SQUARED</b> METCON STUDIO 07:00pm 55 minutes	<b>JUST YOGA</b> AEROBICS STUDIO 07:40pm 55 minutes		
<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 07:30pm 55 minutes	<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 08:30pm 55 minutes		<b>SPIN SQUARED</b> SPIN STUDIO 07:30pm 45 minutes			
<b>BOX SQUARED</b> AEROBICS STUDIO 08:30pm 55 minutes	<b>INTRO SQUARED</b> AEROBICS STUDIO 8.30pm 55 minutes		<b>HIIT SQUARED</b> AEROBICS STUDIO 07:30pm 55 minutes			
			<b>HOT AS F**K YOGA</b> HOT YOGA STUDIO 08:30pm 55 minutes			