

FC IRONBARK STRENGTH CLUB

STRENGTH TRAINING, COACHED, IN MARRICKVILLE

MARRICKVILLE'S COACHED STRENGTH GYM

Small classes capped at twelve, an open gym floor and personal training — all run by qualified strength coaches.

- ✓ **Early and late hours**
- ✓ **Marrickville based**



START YOUR TRIAL

02 9557 0100

ironbark-strength-club.sitepages.app

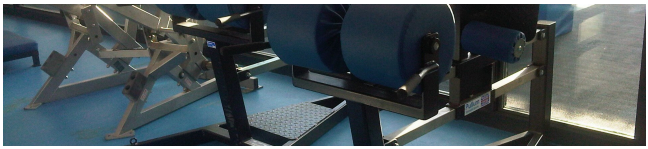
Mon–Fri 5:30am–8pm, Sat 7am–12pm

TRAIN YOUR WAY

IRONBARK STRENGTH CLUB

THREE WAYS TO TRAIN

Coached classes, open gym time or one-to-one coaching — see the timetable for days and times.



Strength Classes

Coached sessions capped at twelve, every lift watched by a qualified coach.

Open Gym

Work through your own programme on the gym floor, whenever suits you.

Personal Training

One-to-one coaching built around your own goals.

GETTING STARTED

1. **Choose your plan**
   See the memberships and pick what suits your week.
2. **Join online**
   Sign up in a few minutes, from wherever you are.
3. **Book your first class**
   Reserve a spot on the timetable and meet your coach.

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