

Coached strength training in Marrickville

MARRICKVILLE'S COACHED STRENGTH GYM

Small classes capped at twelve, an open gym floor and personal training — for beginners and lifters alike.

- **Qualified coaching**
- **Open early and late**
- **Based in Marrickville**



START YOUR TRIAL

02 9557 0100

ironbark-strength-club-xwdls.sitepages.app

Mon–Fri 5:30am–8pm, Sat 7am–12pm

Ironbark Strength Club

TRAIN YOUR WAY

Classes, open gym and coaching

Three ways to train at Ironbark Strength Club, every session on the timetable.



Strength classes

Coached group sessions capped at twelve, for beginners and experienced lifters.

Open gym

Train at your own pace on the gym floor, with coaches on hand.

Personal training

One-on-one coaching built around your goals and experience.

Our coaches

Every session led by a qualified strength coach who knows your name.

GETTING STARTED

I **Choose a membership**
See the memberships and pick unlimited, three classes a week or a ten-class pass.

II **Join online**
Join online in a few minutes, straight from your phone or laptop.

III **Book your first class**
Pick a class on the timetable and meet your coach on the floor.

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