

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**

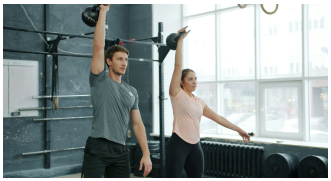
Start your trial 02 9557 0100 ironbark-strength-club.sitepages.app

TRAIN YOUR WAY

FC 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.

START YOUR TRIAL

02 9557 0100

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Mon–Fri 5:30am–8pm, Sat 7am–12pm