

A new way to train

F45 is the revolutionary training system changing lives around the globe.

Born in Australia, this phenomenal system is

now spreading through continents like wildfire.

Now available on your doorstep in Coolum, F45 Training members are challenged every

day to maintain an intensity which returns results.

Experience different training movements, exercises and timing

to achieve incredible results and have fun with colleagues.

Be blown away by this innovative, cost effective and incredibly systemised training facility. Born in Australia, you can expect nothing short of creative genius everywhere you turn both in and out of an F45 facility.

THE WORKOUTS :

The workouts are nothing short of insane... 10 completely different systems, changing every single day. At F45, you will never do the same workout twice. F45

is by far the most innovative training system in the world. It has to be experienced, to be believed.

Five of the world's best programmers work tirelessly to make the F45 experience the worlds finest. Every workout is trialled and tested at our Headquarters before it gets released into the market. Just one of the many idiosyncrasies, which make F45 so unique.

F45 is now open at Level 1, U20, 1 Beach Road, Coolum Beach.



Training owner, Brett Roche shows how using weighted sandbags can improve your full body functional movements

