

A wide-angle photograph of a modern gym interior. The ceiling is dark with a large, glowing purple neon light fixture that forms a stylized, elongated shape. The floor is a mix of dark grey rubber matting and light-colored wood. In the center, a large white graphic of the word 'HOUSE' is painted on the matting. The gym is filled with various pieces of exercise equipment, including treadmills, ellipticals, and weight racks. The lighting is a mix of the purple neon and warm white recessed lights, creating a vibrant and contemporary atmosphere.

HOUSE

Welcome Home

Imagine a recreation centre that has everything

Housed is a groundbreaking health and fitness concept that merges affordability with luxury.

Inspired by collegiate design, it stands as Australia's first high-performance strength and conditioning gym.

Located in multiple locations, we offer a range of facilities including dry recovery, reformer pilates and mat pilates.

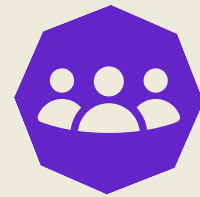
Our expansive recreation centre features basketball court & wellness amenities.



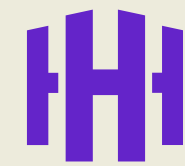
WHO WE ARE...



Built to scale, with strategic expansion across Australia



Modern lifestyle-driven fitness community



Your premier all-in-one recreation centre



A place with full access to wellness, basketball, pilates, gym classes and more

HOUSED



📍 Macquarie Park



HOUSED



Reception





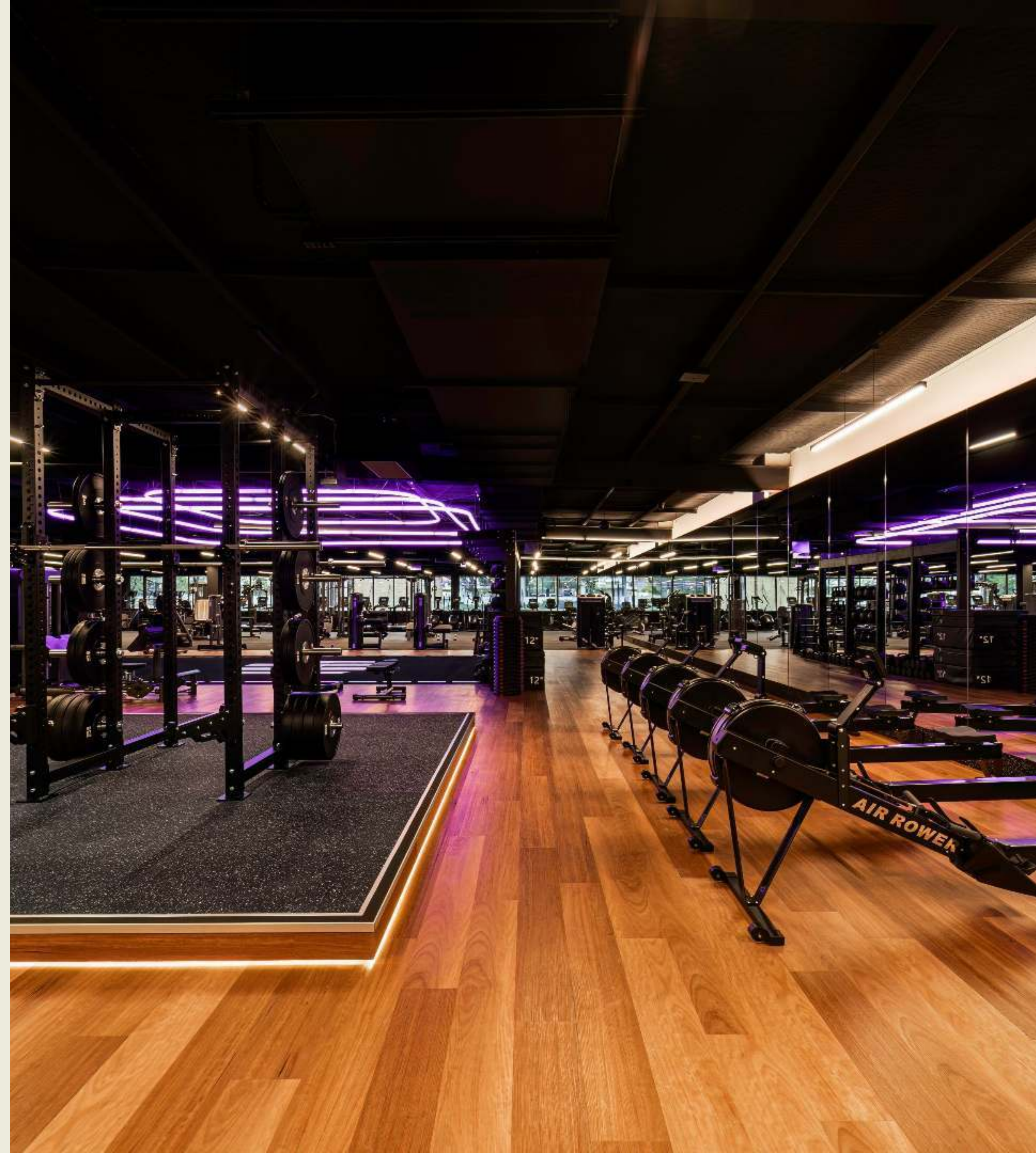
Our spaces

High-performance gym

Our high-performance gym is crafted to deliver an exceptional fitness experience, blending cutting-edge equipment with an invigorating environment.

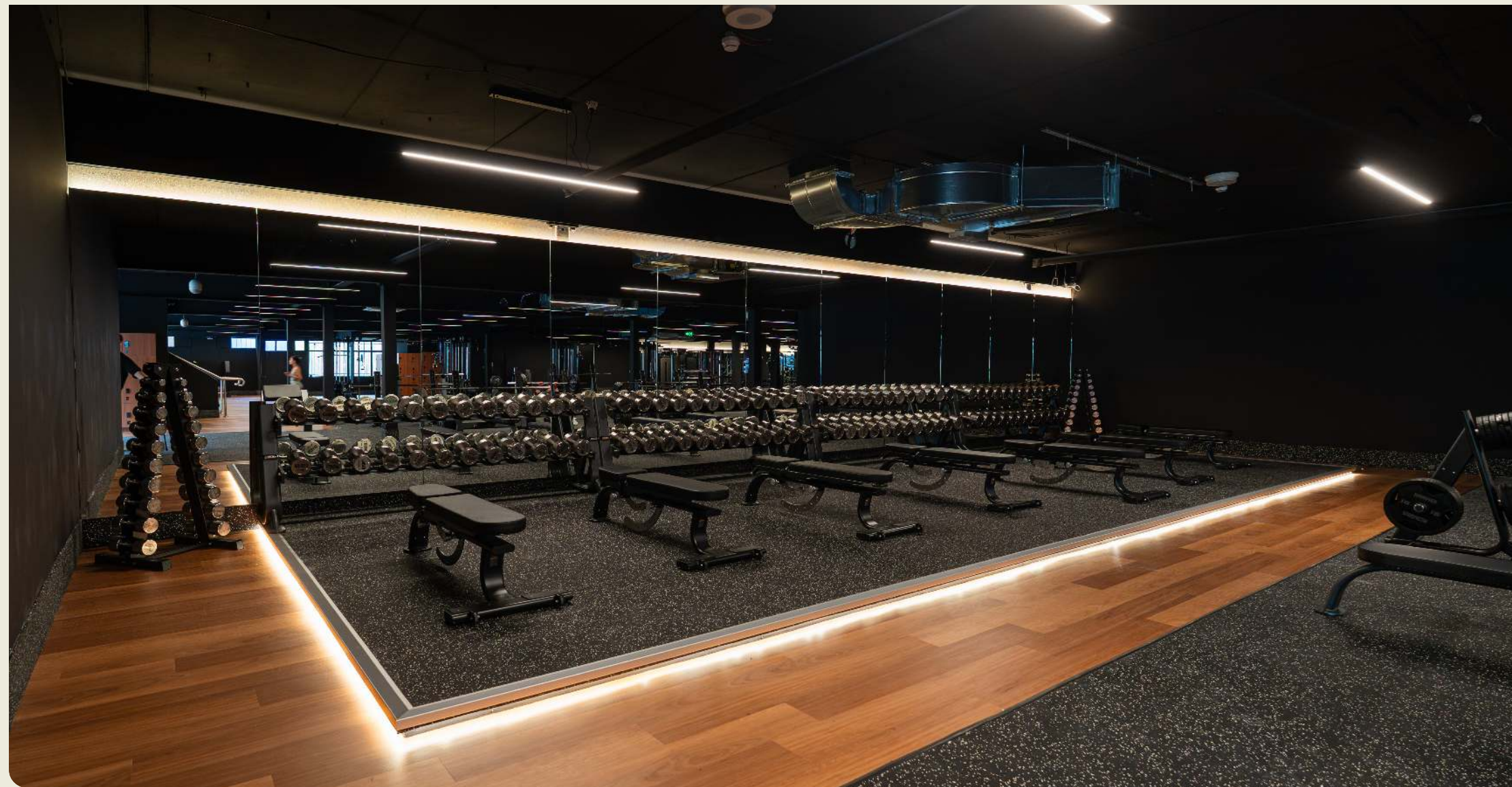
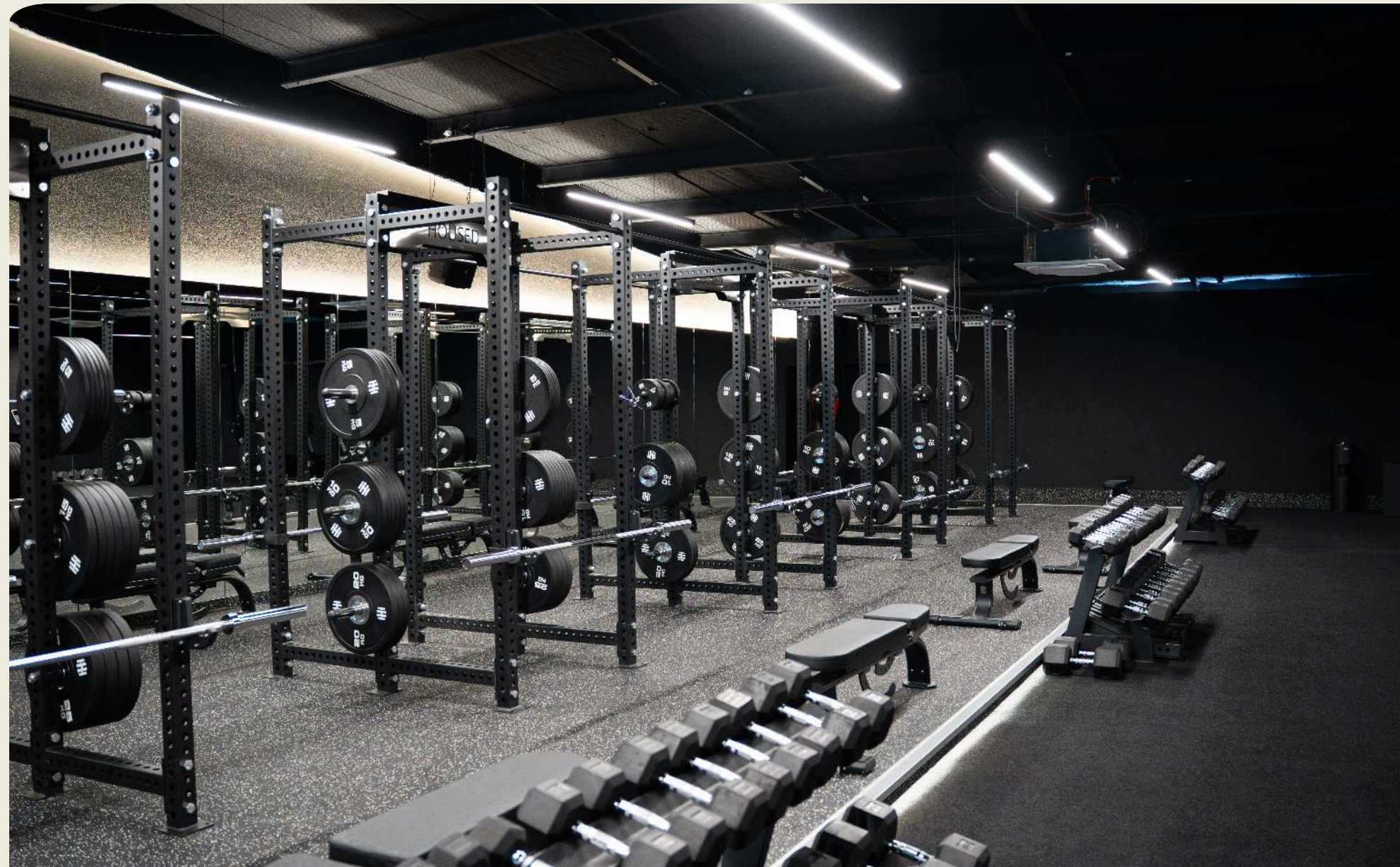
Each area is expansive and brightly lit, showcasing top-notch machines that accommodate all fitness levels. With skilled trainers leading personalised workouts, you'll boost your strength, agility, and overall health.

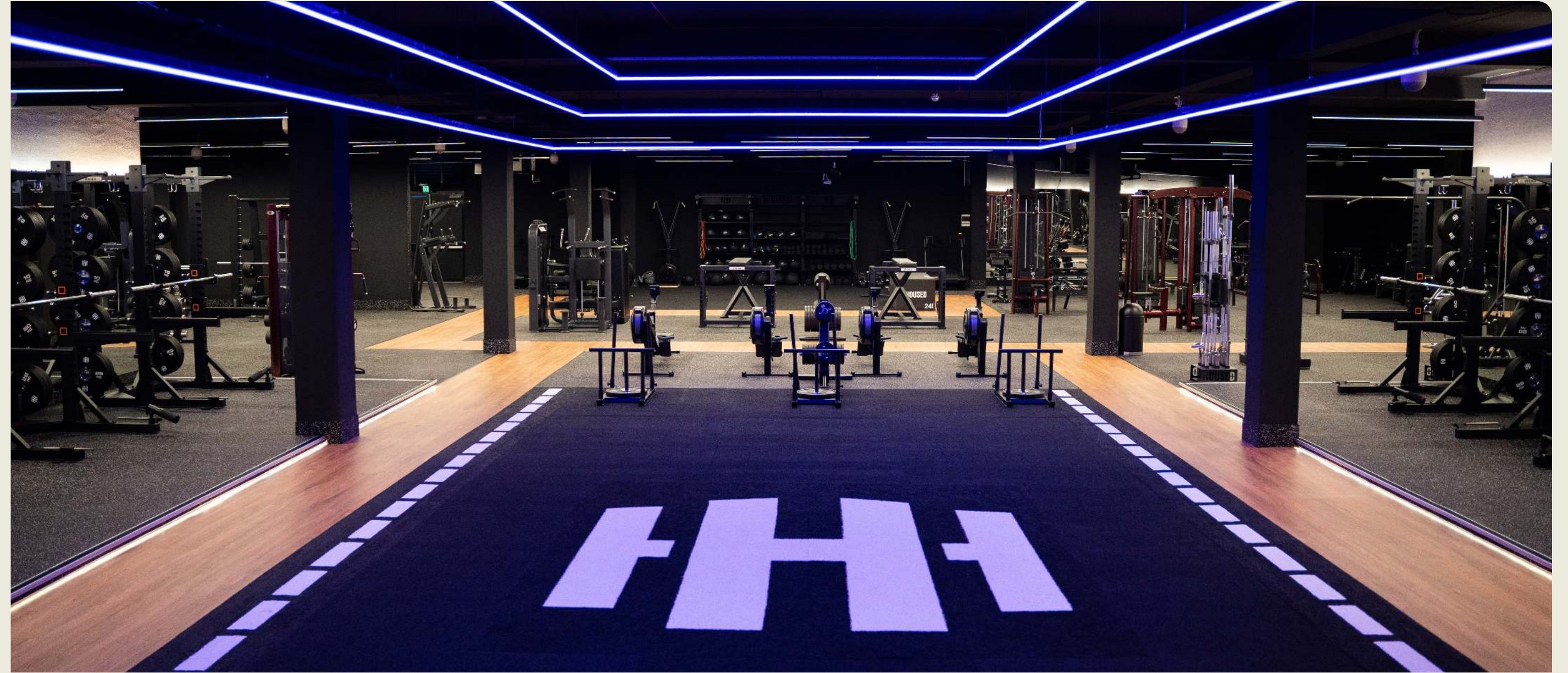
Experience the empowering benefits of our gym in a vibrant atmosphere.











Our spaces

Reformer Pilates

Our reformer pilates studios are designed to provide a premium experience, combining state-of-the-art equipment with a serene atmosphere.

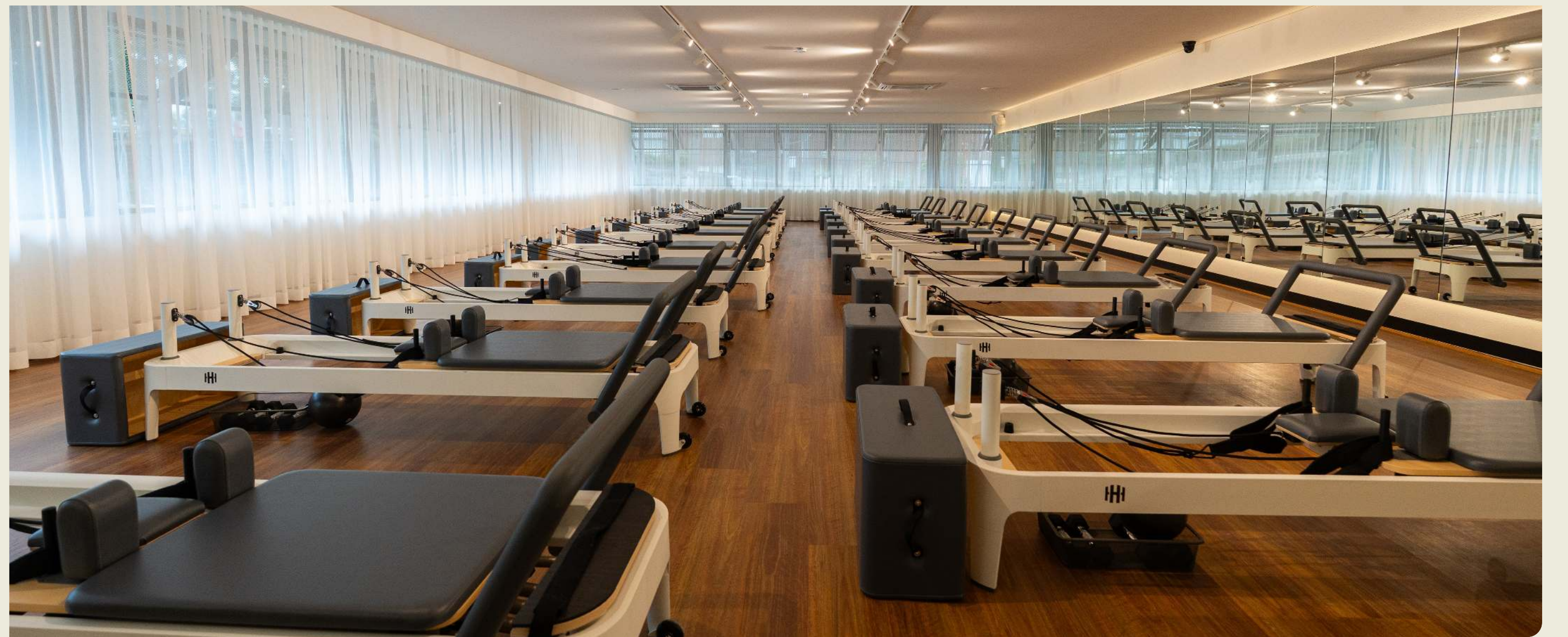
Each studio is spacious and well-lit, featuring top-quality reformers that cater to all skill levels.

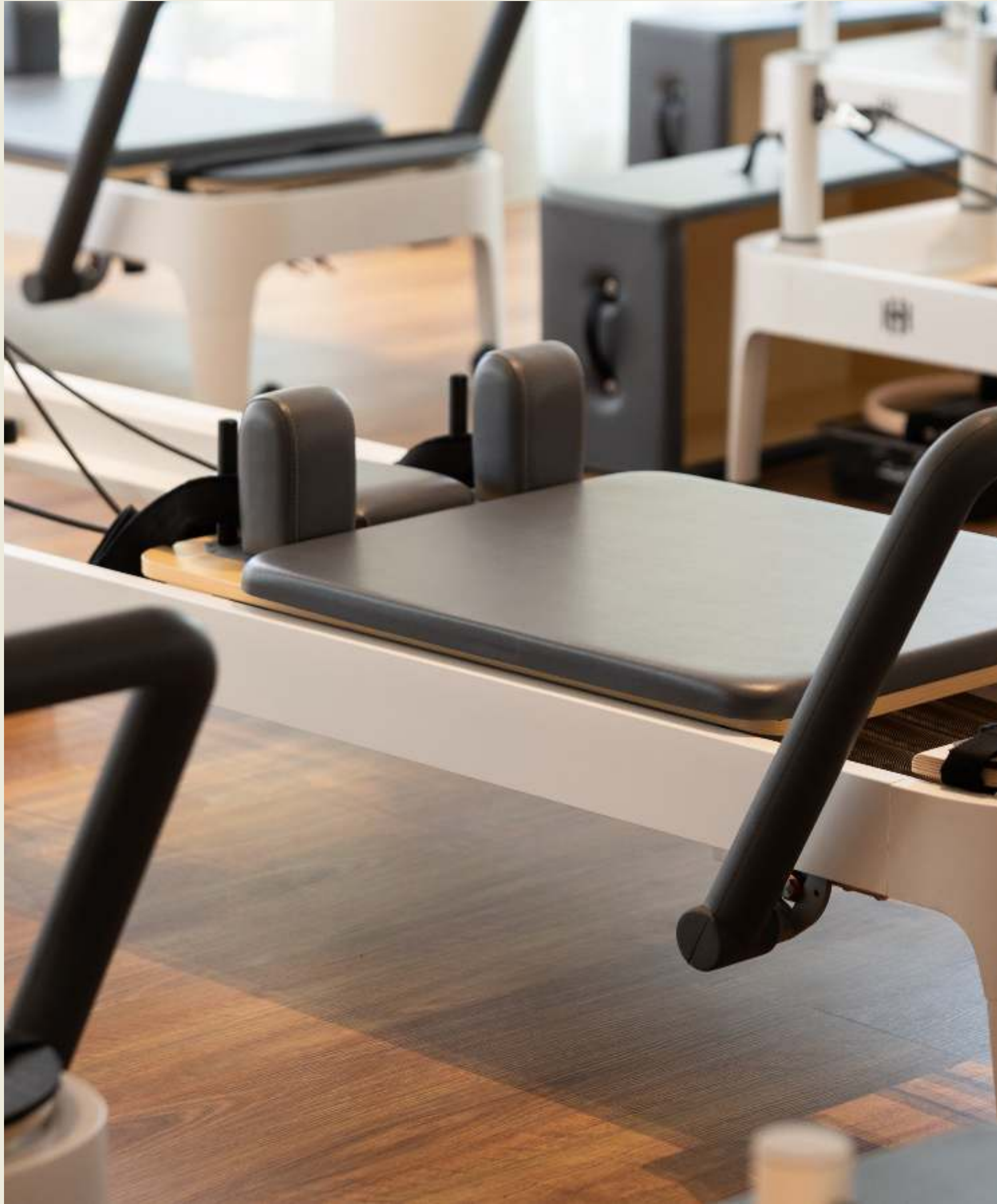
With expert instructors guiding you through tailored sessions, you'll enhance your strength, exibility, and overall wellness.

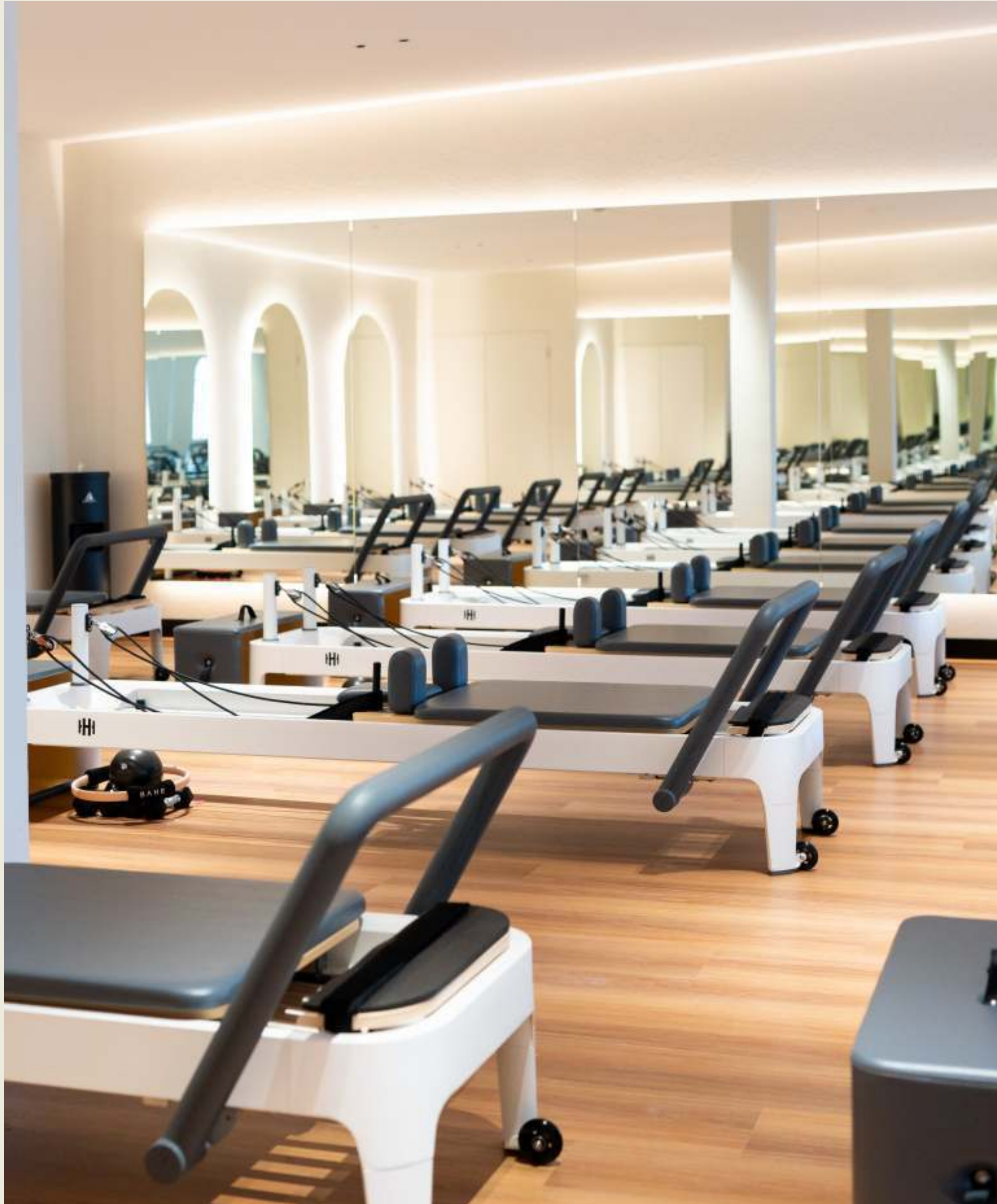
Join us and discover the transformative power of pilates in a luxurious setting.











📍 Bondi Junction

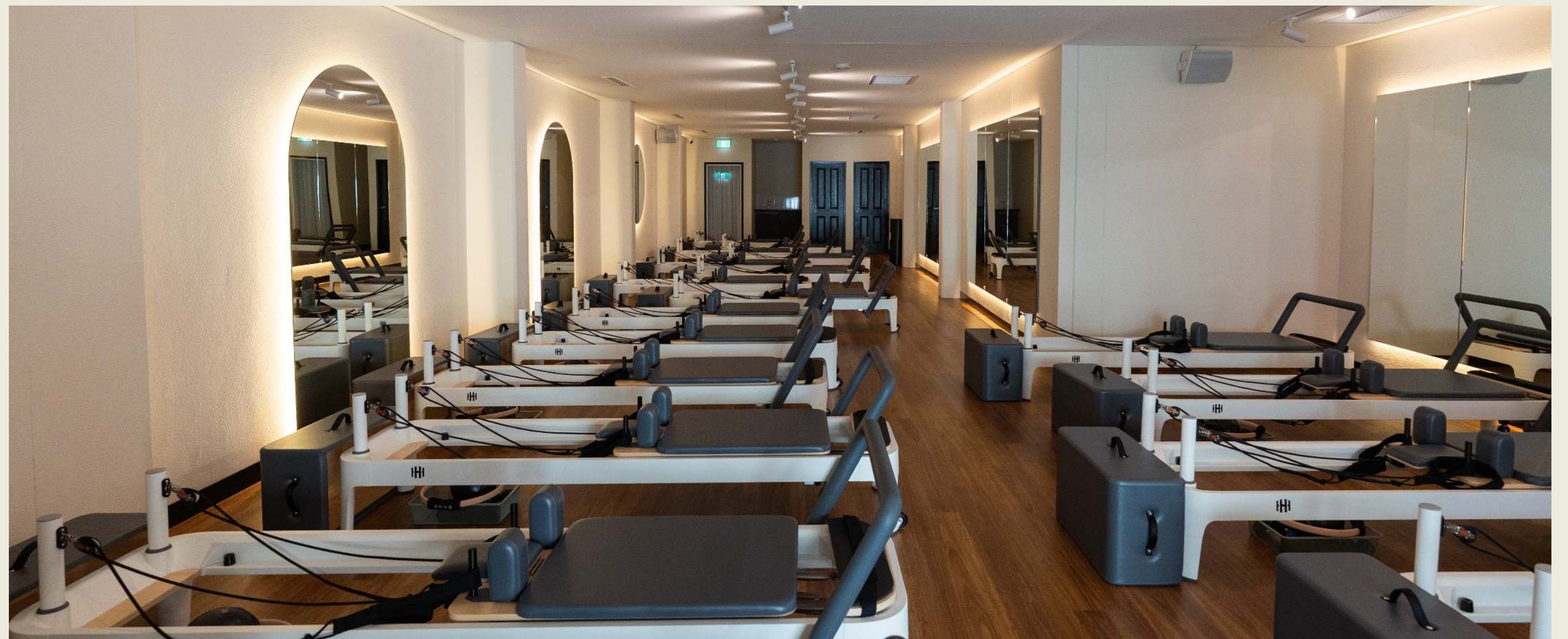
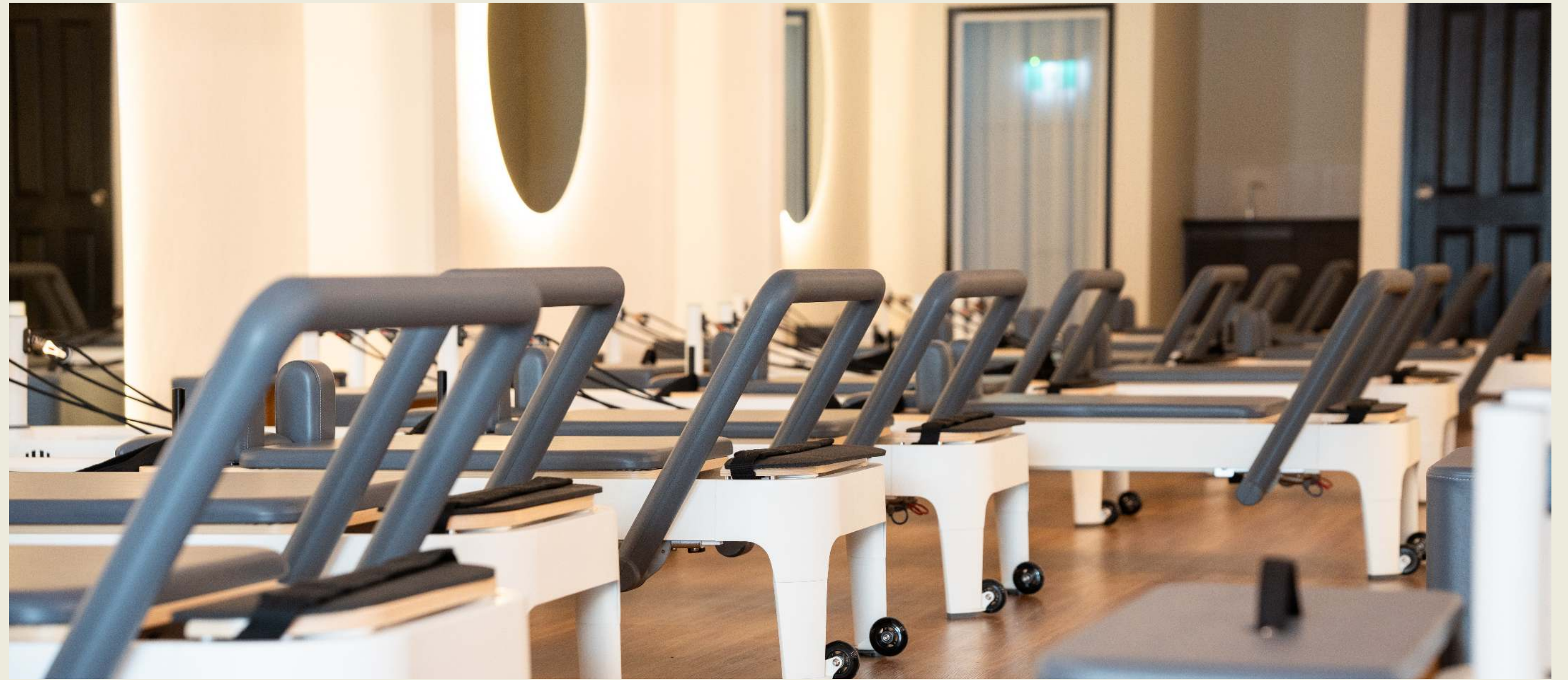


HOUSED

Reformer Pilates Studio



📍 Five Dock



HOUSED

Reformer Pilates Studio

Our spaces

Mat Pilates

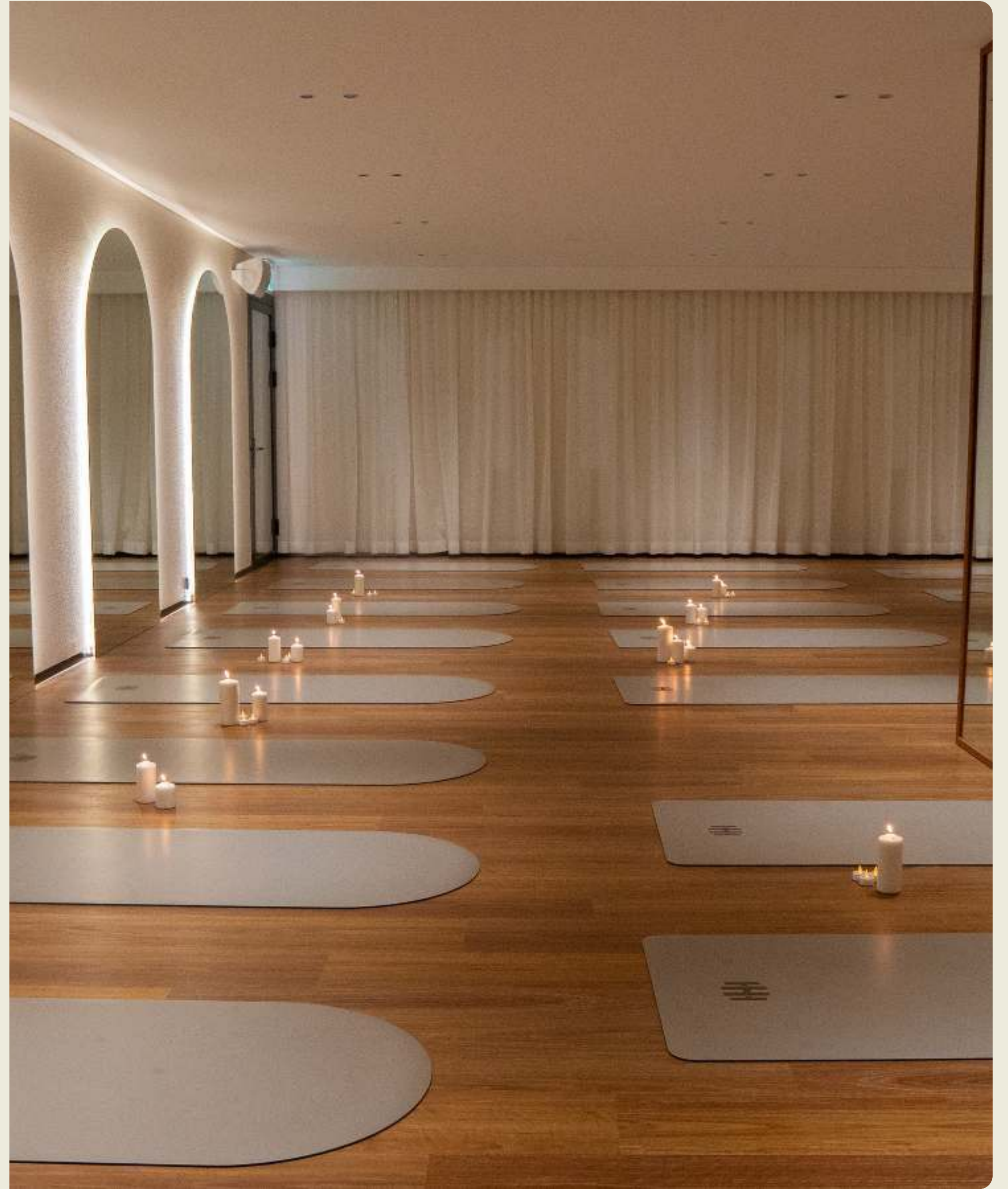
Our mat pilates spaces are crafted to offer an exceptional experience, blending high-quality mats with a calming environment.

Each area is open and bright, equipped with premium mats suitable for all skill levels.

With skilled instructors leading personalized sessions, you'll improve your strength, exibility, and overall well-being.







📍 Macquarie Park

HOUSED

Mat Pilates Studio

Our spaces

Wellness

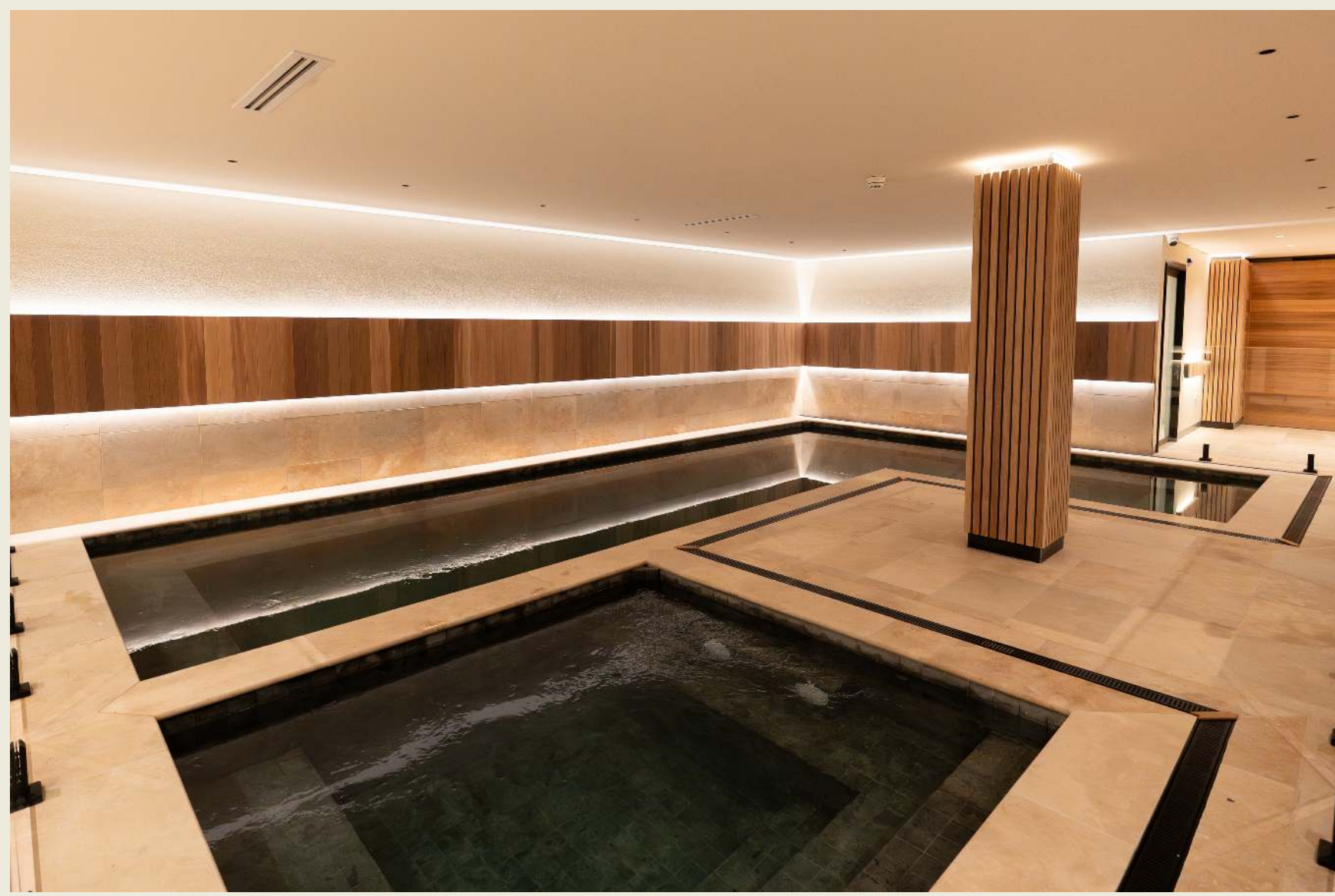
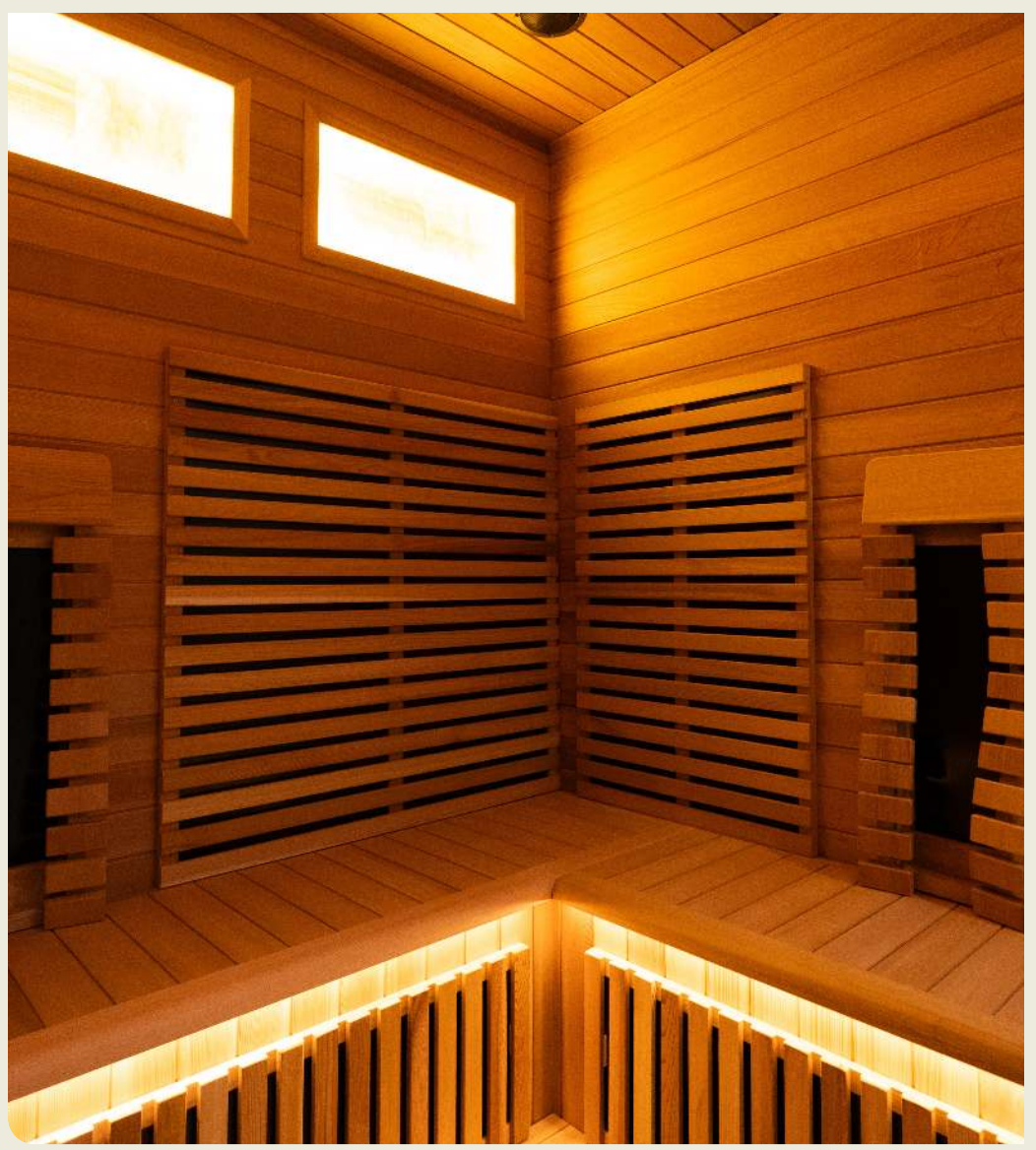
Our wellness spaces are thoughtfully designed to deliver a deeply restorative experience, combining calm, light-filled environments with premium facilities. Enjoy access to our mineral pools, infrared sauna, and full towel service - everything you need to unwind and reset.

Each space is crafted to support recovery, relaxation, and overall well-being, whether you're starting your wellness journey or enhancing an existing routine.

Visit us and discover the transformative power of intentional wellness in a welcoming, elevated setting.









Our personal trainers

High-performance coaches

Our team of expert instructors are dedicated to helping our members achieve their fitness goals. Each personal trainer creates customised workout plans tailored to a range of needs as well as provide motivation and support every step of the way. Additionally, our dynamic gym class instructors lead engaging sessions that cater to all fitness levels, making workouts fun and effective. Join us and discover the difference our passionate team can make in your fitness journey!

Learn more about coaching by contacting hello@housed.com.au.



Events & Partnerships

Explore exciting partnership opportunities with us for your upcoming events! We've collaborated with renowned brands like LSKD and Musashi, creating memorable experiences that resonate with our community. Join us in crafting unique events that inspire and engage!

Email partnerships@housed.com.au to get started.

MUSASHI

ATOLEA



LSKD



You home for everything

HOUSED