



VENUS

Venus is dedicated to supporting her clients through their health and fitness journey. As a former national and international sprinter, Venus has used this knowledge to help Olympic athletes and high performers achieve their movement and lifestyle goals.

Qualifications and expertise

Level 1 Athletics Coach
Level 2 Fitness Instructor
Level 3 Personal Training
BSc in Sport and Exercise Science



THOMAS

Thomas has spent the past eight years working within the fitness industry. He strives to create a training environment that inspires everyone to achieve their goals. Thomas doesn't design generic programmes; everything he does is tailor-made and unique to his clients' goals.

Qualifications and expertise

Level 4 Strength and Conditioning
Level 3 Diploma in Personal Training
Resistance Training Specialist
Level 3 Personal Training
Hypertrophy / Muscle building
Fat loss & Boxing



GIULLIANO

Giulliano uses his history of working with performance-driven individuals such as Olympic and power weight lifters to create programmes that are tailored to his clients' specific goals. He uses a unique tracking system that is built to manage progress and motivate with specific data.

Qualifications and expertise

Level 3 YMCA Personal Trainer
TRX suspension
Sports Nutrition
Holistic Massage
ACA Coaching Academy - Applied Fat Loss
Hypertrophy / Muscle Building



LEUNG

Leung is a certified personal trainer and sports massage therapist with over five years of experience helping clients achieve their fitness goals. Leung specialises in strength training, injury prevention, and overall fitness. His approach combines personalised workout plans with hands-on care, ensuring you achieve the results you want while staying injury-free.

Qualifications and expertise

Level 3 Personal Trainer

Certificate in Massage Therapy For Sports (RFQ)

Bachelor Of Science with Honours in Exercise and Sport Sciences Class 2 division 1

Focus Awards level 4 Certificate in Massage Therapy For Sports (RFQ)



ELISE

Elise is one of Australia's leading edge holistic performance experts, renowned for coaching elite athletes and hosting the Generation Elevation podcast. Elise empowers high performers to excel in their careers by harnessing the power of physical and mental training to reduce stress, boost energy and stay one step ahead of their competitors.

Qualifications and expertise

Level 3 and 4 certificate in Personal Training
MNU Certified Nutritionist
NLP & Hypnotherapy Master Practitioner



JOSHUA

As a lifelong athlete, Joshua has been dedicated to fitness and sports from an early age, including football, track and field, sprinting, boxing and kickboxing. Joshua's passion for training goes beyond personal achievement; it's about empowering others to unlock their potential and lead healthier, more active lives.

Qualifications and expertise

Level 3 YMCA
Kettlebell Pro & TRX Qualified
Boxing/Kickboxing
Sports Nutrition
Strength & Muscle Building



GEORGIA

Georgia is a passionate fitness instructor and trainer with expert knowledge in Pilates, who also helps clients improve their overall wellbeing. She combines her clinical background with holistic approaches to create personalised programmes that achieve long-lasting results.

Qualifications and expertise

Degree in Physiology

BSc (Hons) Sports Science and Human Physiology

VTCT Skills level 3 award in Designing Physical Activity Programmes for Antenatal and Postnatal Clients

Advanced Mat Pilates



JULIAN

Julian uses his extensive sporting background and skills to help beginners in the gym build their own confidence and consistency. With knowledge in football, cricket and tennis, he incorporates sport-specific training principles to help clients reach their ultimate performance potential.

Qualifications and expertise

Level 3 Personal Trainer

Level 2 Fitness Coach

UEFA C Qualified Coach



JUSTIN

Justin is a prominent figure in European Ultimate Frisbee, which means his training style is more focused on strength, power and speed. He enjoys educating his clients on how to become the best athlete they can be, whether they want to improve their golf, strength, running fitness, or confidence in the gym.

Qualifications and expertise

Level 3 Personal Trainer

Level 2 Fitness Coach

TPI Certified Level 2 Golf Specific Training