

ONE FIIT



An operating system built for modern fitness businesses

As gyms and fitness brands move beyond disconnected tools and one-off classes, ONE FIIT provides the foundation to design, schedule, deliver and scale structured training experiences – in-gym, digitally and everywhere in between.

The ONE FIIT operating system underpins the way training is built, planned, delivered and experienced.



Operators scale quality



Coaches work more efficiently



Members see real progress

"We knew there was demand from our members for HYROX-style workouts and ONE FIIT made it easy for us to scale while ensuring our trainers had the tools and confidence to deliver standout classes."

"We're thrilled to partner with ONE FIIT as we bring the HYROX365 Performance Hub to life across our global affiliate networks. Their expertise and commitment to innovation perfectly align with our mission to make healthy performance training accessible for everyone."

"Partnering with ONE FIIT allowed us to deliver a boutique studio experience in-house. Residents love the convenience, variety, and energy that ONE FIIT brings to our spaces."

Training fragmented across multiple systems?

The problem

For many operators, training is split across spreadsheets, apps, screens, hardware and manual processes.

Digital and in-gym experiences don't connect. Programming takes too long, and consistency is hard to maintain.

This creates real problems: coaching quality varies, member journeys feel disjointed and progress becomes unclear, which kills motivation.

ONE FIIT replaces fragmented systems and approaches with a single operating system built specifically for training.

The solution

A modular system for a connected, scalable training experience

Build and structure training

Workout Builder

Create and customise workouts in minutes using a rich, searchable content library or build them from scratch; adapted to your space, equipment and members.

Outcome: Faster programming with consistent delivery standards.

Training libraries and collections

Structured workout libraries and themed collections that keep your programming organised and varied.

Outcome: Training feels intentional and engagement stays high.

Progressive training frameworks

Long-term programming organised into clear phases and cycles.

Outcome: Members understand their journey, see progress and stay committed.

Plan and schedule experiences

Workout scheduling and programming calendar

Schedule training in advance across in-gym and digital experiences. Programme workouts you've built, pre-recorded follow-along sessions, your own training concepts, or licensed concepts from established fitness brands, all through a single calendar.

Outcome: Predictable structure, consistent delivery and a rhythm members can commit to.



Deliver and upgrade the in-gym experience

Coach and member whiteboard

A shared visual interface. Coaches see structure and guidance while members get clear workout breakdowns, movement standards and timers.

Outcome: Smoother sessions, more professional delivery and better execution.

Multi-screen delivery

Display workouts across as many screens as your space requires, with different views shown simultaneously but controlled from a single device.

Outcome: Immersive, scalable in-gym experiences that transform every class.

In-gym challenges

Structured challenges and benchmarks that introduce competition, focus and community energy.

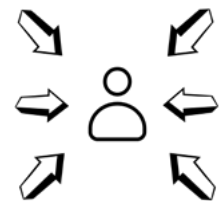
Outcome: A stronger, highly engaged community and training members talk about.



Extend training beyond the gym

Consumer apps (Licensed or Mini App) Offer connected at-home and on-the-go training without building or replacing your own app. You can license our well-known FIIT app or we can create an app-within-an-app to host a consumer facing fitness experience.

Outcome: A true hybrid experience that keeps members engaged between visits.



Support, implementation, growth and communication

Partner marketing and enablement

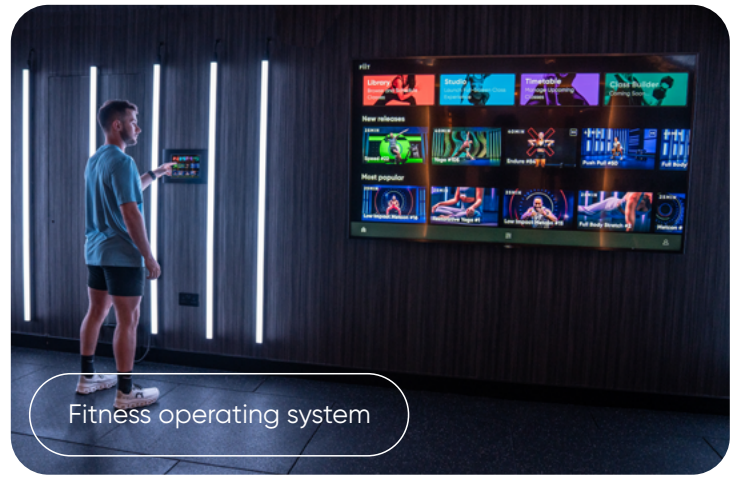
Set up guidance, promotional assets, frameworks and continued customer support to help partners clearly communicate their training offer.

Outcome: Stronger positioning and higher uptake.

Management information and reporting

Monitor workout creation, delivery metrics and member feedback all in one dashboard.

Outcome: Smarter decisions backed by real performance data.



Partner-led. Powered by ONE FIIT.

ONE FIIT works behind the scenes.

Partners keep control of their brand, community and member relationship, with ONE FIIT powering the system underneath.

That's why partners describe their platforms as:
Powered by ONE FIIT.

Designed for hybrid, performance-led, multi-site operations

- ✓ Hybrid training models
- ✓ Performance-led programming
- ✓ Multi-site and scalable operations
- ✓ Long-term progression

The ONE FIIT operating system is not just another piece of software. It's the foundation on which modern training is built.



See how ONE FIIT powers modern training.

Find out how ONE FIIT can transform your training delivery and support long-term growth.

Deployment.

ONE FIIT is cloud-hosted and available where and when you need it.

In-gym delivery requires just a stable internet connection and one or more screens. Multi-screen environments are supported through flexible connectivity options.

[Request a demo](#)

