

HUSTLE HOUSE

Discover a gym that feels like a second home.
Your fitness journey starts here!

ABOUT THE GYM

Hustle House was founded in 2020 in Sehaile-Keserwan.

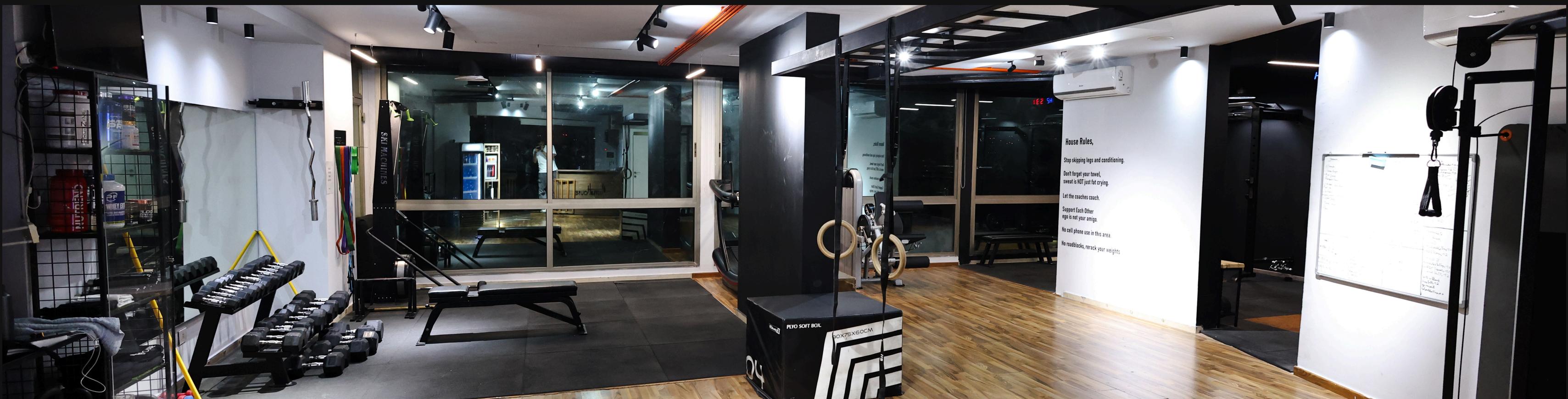
The gym is known for its friendly atmosphere, where we take care of every member, through science based programs and a daily care and follow up.



OUR SERVICE

- Individualized Training Programs
- Private Training
- Group Training
- Athlete Rehabilitation & Training
- Classes
- Physiotherapy
- Dietitian
- Pilates

150+
Members





OUR TEAM

01

Our team comprises highly qualified trainers with diverse backgrounds and specializations, ensuring you receive tailored guidance for your specific fitness goals. Our trainers are experienced in working with clients of varying fitness levels, from beginners to professional athletes, ensuring a safe and effective training experience.

02

Our physiotherapist is a registered and licensed professional with extensive knowledge of human anatomy, biomechanics, and rehabilitation techniques.

03

Our registered dietitian possesses in-depth knowledge of nutrition science and its impact on health and performance, working closely with our trainers and physiotherapist to ensure a holistic approach to your health and fitness journey, ensuring that your nutrition plan complements your training regimen and recovery process.

TRAINING STYLE

Hustle House provides 3 different services/packages for clients to choose from:

1- **MEMBERSHIP**: access to all the gym's facilities, group fitness classes, and coach's supervision.

2- **PERSONAL TRAINING**: customized workout plans, one-on-one guidance from our experienced trainers, and weekly follow-ups.

3- **GROUP PERSONAL TRAINING**: enjoy the benefit of personal training in a group setting with friends and family, with guidance from our trainers focusing on everyone's independent fitness goals.

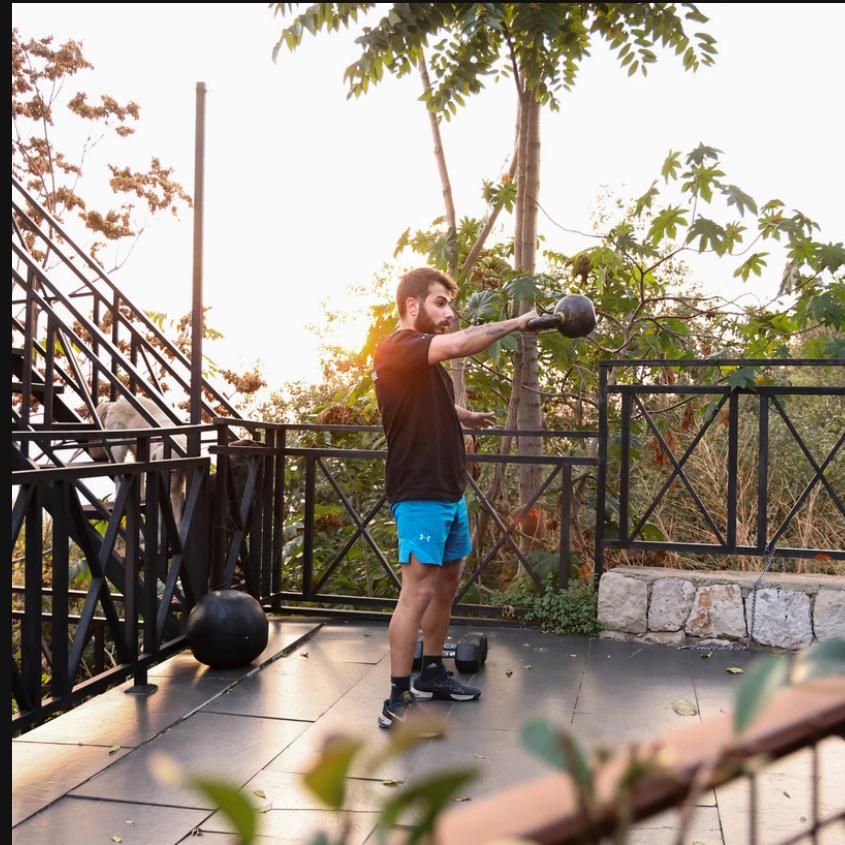


WHAT MAKES US UNIQUE

Hustle House' mission is to help people achieve their fitness goals and motivate them to acquire a healthier lifestyle.

What makes us unique?

- We have a limited gym capacity to give every member the attention they deserve.
- We constantly take care of every member, by giving them personalized training program and providing all-time trainers supervision and follow-ups.





CONTACT US

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 Sehaile - Keserwan