



ABERCORN BUSINESS SALES
SUCCESSFULLY SELLING YOUR BUSINESS



Thriving Boutique, Boxing and Strength-training/Weight-lifting Gym for Sale

Prime Southwest London Location

Asking Price: £130,000

Reference: HF04-ABS | Confidential Memorandum

Asking Price: Offers in the region of £130,000

Turnover: circa £170,000 per annum

Operating: Profits in excess of £45,000 per annum

Key Strengths:

- Extensive Equipment/Asset List
- Superb Google 5 Star reviews
- Fully Equipped
- Loyal Client Base
- Exceptional Trainer Team
- Turnkey Fitness Business
- Strong Growth
- Superbly Presented

Unique Selling Points

- Prime location is directly opposite South West London Rail Station—consistent footfall and visibility.
- Minimal direct competition in the immediate area.
- Highly certified coaching team, including ABA-certified boxing coaches and Level 4 lower?back pain specialists.
- Structured youth grading programme with certificates, medals, and progression pathways (a standout feature not offered by typical gyms).
- Tailored class model designed to maximise member results and skill development.
- Community-focused atmosphere—supportive, friendly, inclusive.

Executive Summary:

This is a rare opportunity to acquire a thriving boutique boxing and strength-training gym in an affluent, high-traffic South West London suburb. Directly opposite a Rail Station, the gym benefits from an exceptional catchment area, steady footfall, and minimal local competition.

Established in 2022, the business has rapidly built a strong reputation for premium coaching, structured class formats, and a supportive environment that appeals to all fitness levels, from children and teens to adults seeking high-intensity conditioning, weight-lifting or technical boxing skills.

With year-on-year revenue growth, fully equipped facilities, experienced certified trainers, and a loyal membership base, the gym offers a turnkey fitness operation with clear pathways for expansion.

The sale is due solely to the owner relocating, making this a well-timed opportunity for an entrepreneur, investor, or fitness professional seeking a profitable and scalable business. The gym is already performing strongly – these growth avenues represent significant upside potential for a motivated new owner.

Business Overview:

Business Type: Boutique Boxing & Strength Training Gym

Location: South West London (ideal location opposite a railway station)

Established: 2022

Ownership: Run by certified, experienced boxing and Strength and conditioning trainers

Reputation: Strong local following, excellent online reviews, respected for technical coaching and inclusive atmosphere.

The gym was created to offer a performance-focused yet community-friendly environment that combines boxing fundamentals, structured strength training, High-intensity interval training, and specialised youth programs. Its mission centres on improving physical and mental well-being, cultivating discipline, and offering high-quality coaching that delivers real results.

Services:

The gym operates a diversified, high-value service model that appeals to multiple demographics and drives recurring revenue.

Core Offerings

- Boxing fundamentals (all ages, all levels)
- Strength training classes (Upper / Lower / Full Body)
- Conditioning & High-intensity interval training classes
- HYROX?style indoor training
- Bootcamps (indoor & outdoor)
- Teen Boxing Programme with a structured grading system
- Kids & Parents boxing classes
- Specialist classes (Pilates, dance, yoga-based sessions)
- One-to-one PT sessions (boxing or S&C)
- Small?group PT (4:1 training model)

Personal Training Offer

- Introductory 1-hour PT session for new clients.
- Block session offers.
- Trainers are skilled in weight loss, muscle building, boxing technique, and mindset development.

Market & Clients:

Target Market

- Local residents (families, commuters, professionals)
- Fitness-driven individuals seeking structured, high-quality classes
- Youth and teens seeking discipline and skill-building
- Parents seeking confidence-boosting classes for children
- Boxing enthusiasts of all levels

Client Base

- Loyal recurring membership
- Strong retention due to engaging coaching and community feel
- Wide demographic mix (men, women, teens, children)

- Increasing PT demand and youth programme enrolment

Competitive Positioning

- Minimal local competition in specialist boxing & strength formats
- Positioned as a premium boutique alternative to generic gyms
- Strong neighborhoods reputation and word of mouth referrals
- High search visibility due to location-based interest (strong SEO potential: "boxing gym South London", "Raynes Park fitness"- remove this, "strength training South London")

Operations:

Premises & Facilities

- Located directly opposite the Rail Station (high visibility)
- Fully equipped boxing and strength facility
- Separate training zones for boxing, lifting, and conditioning
- Boxing bags, pads, gloves, and functional training equipment
- Free weights, racks, cardio kit, mats
- Welcoming reception and viewing areas

Staffing

- Male & female certified trainers
- Coaches trained in boxing, martial arts, strength & conditioning
- ABA-certified boxing coach on staff
- Specialists in lower back pain, GP referral, and youth coaching

Daily Operations

- Class-based schedule with peak time sessions
- PT sessions throughout the week
- The youth grading programme is administered monthly
- Automated membership/payment systems (details available post NDA)

Handover Support

The current owners will provide a complete and supportive handover to ensure continuity of operations.

Financial Summary

Headline: The gym has demonstrated strong year-on-year turnover growth and maintains healthy recurring revenue from memberships, classes, and PT.

Financial Snapshot (Under NDA)

A complete financial pack—including:

- Turnover (2022–2024)
- Gross & net profit figures
- Class revenue vs. PT revenue split
- Membership levels
- Expense breakdown

- Wage structures
- Forecast model

Will be provided to qualified buyers upon signing an NDA.

Public Version Placeholder

Revenue Trend: Consistently upward Year on Year

Profitability: Strong, supported by Physical Training & recurring memberships

Seasonality: Low impact—steady demand across the year

Growth Opportunities

This business is ideally positioned for expansion. Several high-value opportunities include:

1. Membership Growth: Increasing recurring memberships via targeted social media and local brand partnerships.
2. Additional Classes: Introducing more specialised programmes: advanced boxing, women-only strength sessions, and over 50s conditioning.
3. Corporate Fitness Partnerships: Partnering with local businesses for staff fitness programmes.
4. Expanded PT Offering: Growing the PT division with additional trainers and premium transformation packages.
5. Youth Academy Expansion: The structured grading system could scale into:
 - Larger youth groups
 - Competitions
 - School partnerships
6. Retail & Merchandising : Branded gloves, wraps, apparel, and supplements.
7. Online & Hybrid Training: Digital classes, on-demand boxing programmes, and remote coaching.

Reason for Sale

The current owner is relocating. The decision is entirely lifestyle-driven, not performance-related. They are committed to ensuring a smooth handover for the incoming owner.

Next Step: To access the full financial pack and confidential details:

1. Sign the Non-Disclosure Agreement (NDA).
2. Upon receipt, full financials, operational data, membership breakdowns, and lease details will be released.
3. Viewing can be arranged for qualified buyers.

Please contact Abercorn Business Sales. e-mail: expert@aberncornbusinesssales.com or telephone: [0800-246-1313](tel:0800-246-1313)

Commercial Finance:

Abercorn Business Sales are specialists in highly confidential off-market business sales. Should you require commercial finance, we have a panel of leading commercial finance brokers with access to the whole market to enable you to source the best possible terms.





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Next Steps & Contact

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