

Before The Lights

Before The Lights is a 6,000 sq/ft recovery and fitness hub for London’s creative professionals. Founders George, David and Josh began their careers working in professional sport in the UK and overseas. Since 2015, they have been leaders in exercise and recovery for Film/TV, Music and Fashion.

The club concept was created from discussions with their clients which highlighted the fitness and wellbeing needs of the industry. This led to the creation of the purpose built facility designed for recovery, fitness, massage and physical therapy.

Facilities

Training

- 3 Private Training Gyms
- Large Open Gym
- Private Reformer
- Pilates Room

Wellness

- Individual Ice Baths
- 2 Infrared Saunas
- Private Physio
- Treatment Room
- Hyperice Recovery Tools

Work/Social

- Cafe Area
- Private Meeting Room
- Recording Studio
- Private Outdoor Terrace

Other

Services

- Personal Training
- Injury Management
- Nutritional Support

Experiences

- MASAJ Residency
- Daily Classes
- Regular Member Events

£275 /month

Bolsover Street
Fitzrovia, London

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