FS 8

PILATES·TONE·YOGA

EXCLUSIVE OFFER FOR UN STAFF

20% OFF CLASS PACKS

€10 OFF MONTHLY MEMBERSHIPS

FS8 is a first-of-its-kind fitness experience that fuses Pilates, Tone, and Yoga into one seamless, science-backed workout. Structured around 8 key elements, FS8 delivers low-impact training with high intention, empowering everybody to build lasting strength and confidence.

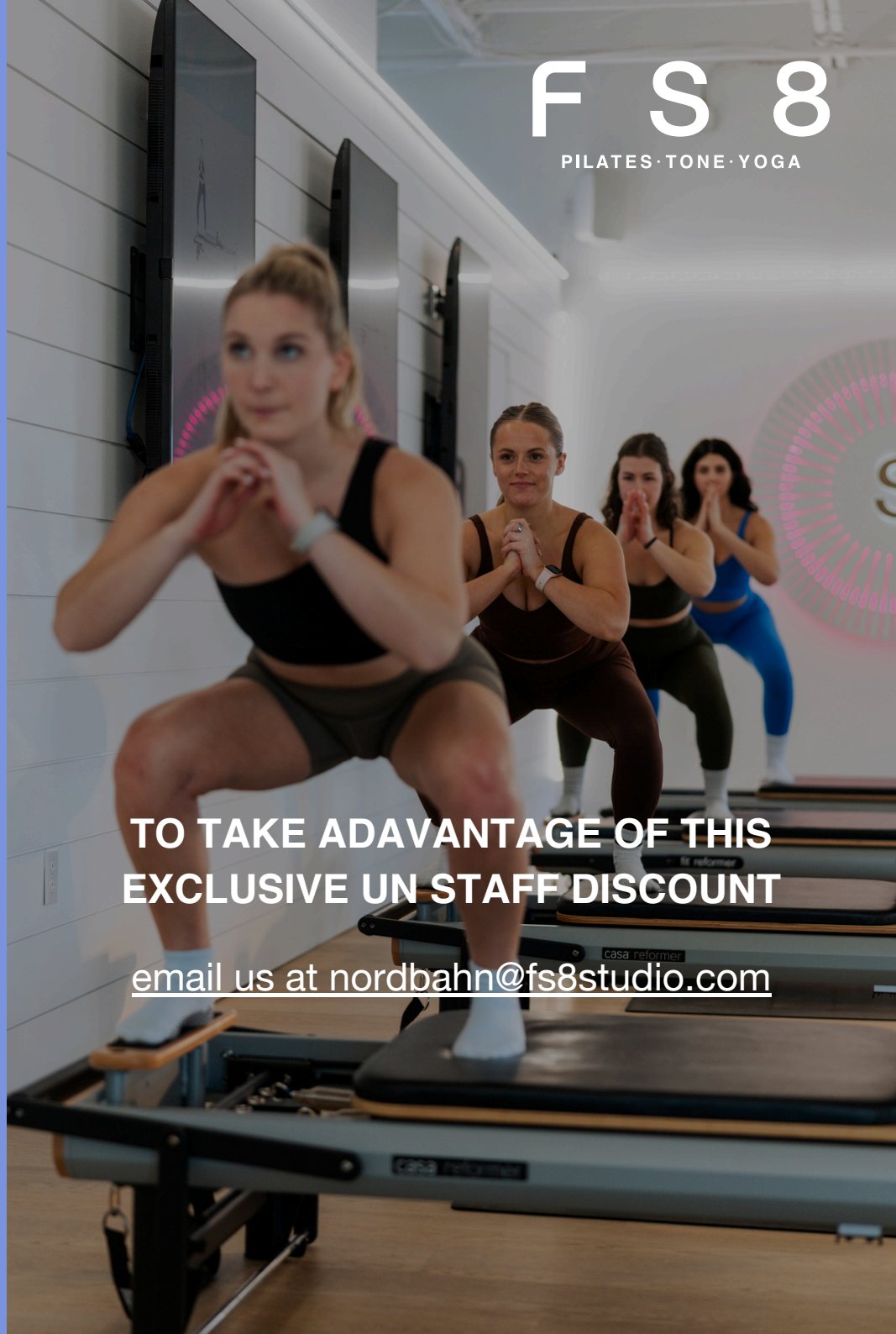
Why FS8?

- 3-in-1 Workouts – Strength, cardio, and recovery in one expert-designed class
- Consistent Quality – Guided by FS8TV and expert trainers every session
- All Levels Welcome – Functional movement in a supportive, results-driven community
- Classes held in English

just a 2min walk from U1 Vorgartenstraße!

F45 Nordbahn
Walcherstr. 8
1020 Wien

TRY NOW!

One class – that's all it takes to see why everyone's obsessed with FS8!

THIS IS AN EXCLUSIVE OFFER FOR CONTRIBUTING MEMBERS OF THE VIC STAFF ASSOCIATIONS/ UNIONS