

An operating statement including hours of operation, equipment proposed and parking location, hours and management and public transport information.

Address: Unit 12, City Court Trading Estate, Poland Street, Ancoats, Manchester M4 6AL. Located on a secure industrial estate, walking distance (< 1 mile) to Manchester Piccadilly and Victoria stations and approximately a 5-minute drive from the city centre. Provides excellent road access via the A62 and close proximity to the M60 motorway

Parking:

- **On-site dedicated parking:** 2 marked spaces directly outside Unit 12.
- **Public parking nearby:** Ancoats Mobility Hub at 21 Poland Street (100 m away) offers 406 visitor spaces and hourly/day rates. Open daily 06:00–23:00
- Tariff Street Car Park (Northern Quarter area) also available — open 24/7.

Public Transport:

- **Train:** Manchester Piccadilly and Victoria stations are each around 0.7 miles (15 min walk).
- **Metrolink:** New Islington tram stop on the Manchester Metrolink is nearby. Great Ancoats Street has multiple stops (Blue/Yellow lines).
- **Bus routes:** Frequent services along Oldham Road (A62) and Great Ancoats Street include routes such as V1, V2, 216, 219, 221 and 231, offering connections from Piccadilly Gardens & City Centre

Proposed Equipment:

- Full set of dumbbells (up to 30 kg), adjustable benches, squat racks, Sleds, Medicine Balls, Kettlebells, Plyometric Boxes, Sled Turf. Barbells, Bumper Plates (Built for soft landings)
- Treadmills, Rowers, Ski Ergs, Bike Ergs.

Opening Hours + Management:

Management: I will be responsible as the owner for the opening and closing of the unit. As well as the day to day running of the gym.

Day	Hours
Mon–Fri	06:00 – 22:00
Saturday	06:00 – 22:00
Sunday	06:00 – 22:00

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