

EVERY GIANT STARTS SOMEWHERE.

Your first session. Your next challenge. Your return after a long break.
There is always a place to begin.





THAT SOMEWHERE IS HERE.

Come as you are. Bring the ambition, the nerves or simply the curiosity. Start by getting to know GIANTS.

Strength. Conditioning. Fight.

HERE, YOU FIND YOUR RHYTHM.

Three ways to move forward. Find the training that speaks to you.



LIFT.

Build strength. Find confidence.

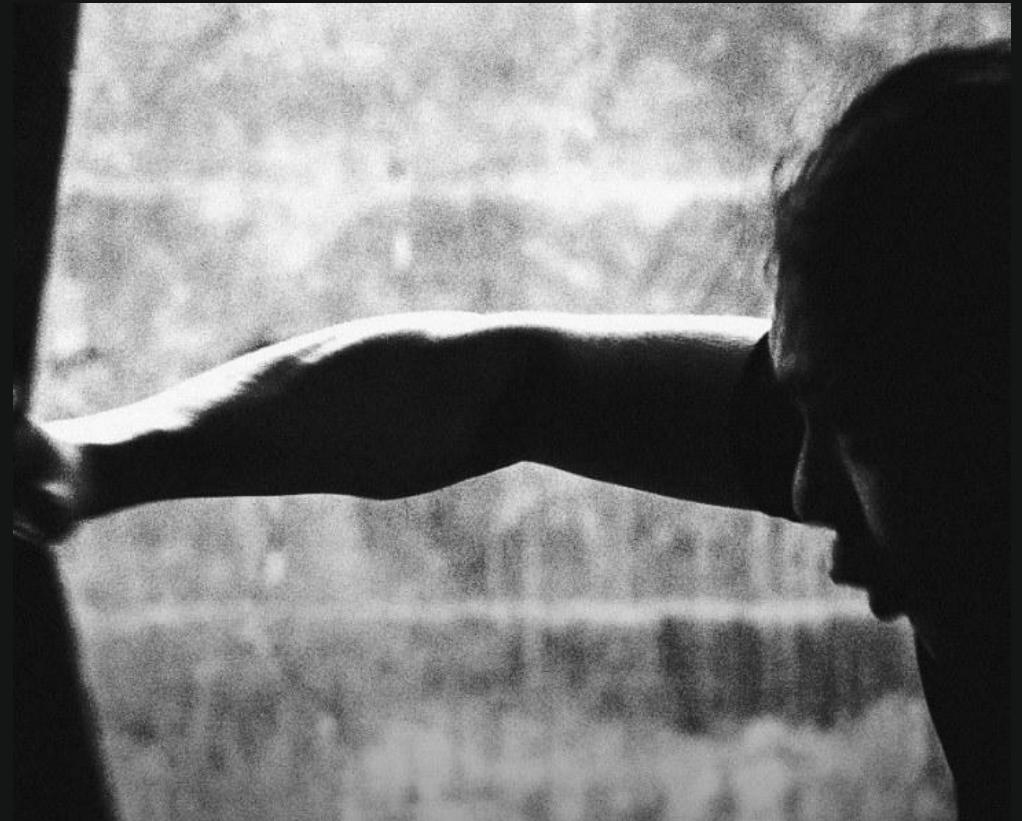
Give every session a purpose.



MOVE.

Find your pace. Keep it moving.

Energy for life on and off the floor.



STRIKE.

Find focus. Let it out.

Movement, intent and release.

GIANTS

03 / YOUR RHYTHM BECOMES YOUR PLACE

YOUR RHYTHM BECOMES YOUR PLACE.

A familiar face. A shared effort. Small wins worth celebrating together.



GIANTS ARE BUILT / ONE DAY AT A TIME



INTERIOR CONCEPT

A PLACE TO RETURN TO.

STEP INSIDE

See the space. Meet the team. Ask the questions that matter to you.

FIND YOUR FIT

Talk through your goals and the training you want to explore.

BUILD YOUR ROUTINE

Choose your first session. Start finding your rhythm. Keep showing up.

GIANTS

04 / YOUR PLACE BECOMES PART OF YOU

**YOUR PLACE.
YOUR PEOPLE.
YOUR
IDENTITY.**

From the floor to every day. A name you wear. A place you belong.



GIANTS ARE BUILT / ONE DAY AT A TIME



QUIET MARKS. STRONG IDENTITY.

Subtle tonal chest marks. A small yellow seam flag.
Considered labels, inside and out.

APPAREL + LABEL CONCEPTS

TAKE A LITTLE OF GIANTS WITH YOU.

IT ALL STARTS WITH SHOWING UP.

You do not need to plan the whole journey. Take the first step. Come meet GIANTS.





COME MEET GIANTS.

ARRANGE YOUR FIRST VISIT

Ask the GIANTS team to get started.

YOUR NEXT CHAPTER STARTS HERE.