

Our Projects



F45 Glasgow **Gym Fit Out Design and Build**

- Installed a new VAM 1000 Ventilation system to provide fresh air and extract for the gym floor and changing rooms, including a new extract fan and ductwork.
- Added domestic services with a 500-liter hot water cylinder serving showers, toilets, and sinks.
- Implemented new galvanised conduits within the gym floor for high-level lighting and power services.
- Set up a data network to support all audio and visual equipment.
- Installed a modern lighting system with local switching and PIR sensors to control suspended LED linear lights.

Value: £111,000