



# T6S

T6S is the new name for Brawd Health, which originally started as a bootcamp on Barry Island in 2014. Following lockdown, the business grew into its own outdoor gym at the Goodsheds, and has now opened a new facility in a former train shed, previously used to repair the train engines that exported coal from Barry Docks.

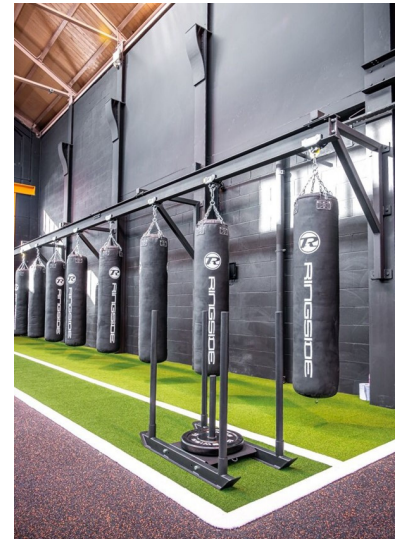
Founder Mark Lloyd:

“After opening our first venue in August 2020, we began looking at our brand and realised that we wanted to go further. We’ve taken the elements that everyone loved from Brawd Health, and we’ve formed our new fitness brand T6S - The Sixth Sense”

“We’re also really proud that we’ve been able to expand the business through external private investment into Wales, The Vale and of course Barry. We’ve created 4 full time positions and are now looking to partner with local businesses and other sectors to really put Barry and the Vale on the map!”

“The thinking in the brand is that it’s fitness for all the senses. It’s not just a gym, it’s not just another exercise class. It’s something that brings a sense of belonging, a sense of excitement, a sense of encouragement. All these things helped us to produce T6S.”

“With this space, we are looking to introduce more fitness classes into our portfolio and our service, to make sure there’s something for everyone, whether that be in a group class environment, semi-private or personal training. We’ve always wanted to be different with what we offer and this new space just leapt out because of its feel. It’s big, open, light and it’s in a great location.”



T6S is offering a range of introductory offers for new members, with bespoke classes including Sweat, Force & Fibre and brand new signature class Element. All this alongside its existing outdoor Bootcamps and semi-private personal training.

[trainshed@t6s.co.uk](mailto:trainshed@t6s.co.uk)

[www.t6s.co.uk](http://www.t6s.co.uk)

T6S at The Train Shed, Hood Road, Barry

[www.facebook.com/T6SFitnessUK](https://www.facebook.com/T6SFitnessUK)

**BODY | MIND | ADVENTURE**

FITNESS FOR ALL THE SENSES