

## Ko1 Roundhouse - Oakland

oakland

☐ I'm not a robot
 

Published on: 06/05/25	Hits: 288
Comments: 0	See comments
Votes: 36	Score: 5

[https://www.electrofitness.com/fitness-center/oakland/ko1-roundhouse-oakland\\_271706.php](https://www.electrofitness.com/fitness-center/oakland/ko1-roundhouse-oakland_271706.php)



*oakland*

## *Ko1 Roundhouse - Oakland*

### **Discover KO1 Roundhouse: Your Premier Fitness Center in Oakland, California**

KO1 Roundhouse stands out as a unique **fitness center** deeply rooted in the Oakland community. As a **Latino-owned** and **Asian-owned** establishment, it prides itself on inclusivity and diversity, making it a welcoming spot for all fitness enthusiasts.

### **Facilities and Amenities**

At KO1 Roundhouse, you'll find outstanding **amenities** that cater to your

fitness journey, including a clean and organized gym space. The gym features a **swimming pool**, making it a versatile option for those who enjoy water workouts. Additionally, it has a **wheelchair-accessible entrance** and **gender-neutral toilets**, ensuring that everyone feels comfortable and included.

### **Family-Friendly Environment**

This fitness center is **good for kids**, offering free Muay Thai classes for children every Monday and Wednesday from 6:30-7:30 PM. The supportive community welcomes **children** and adults alike, making it an ideal place for family fitness activities.

### **Diverse and Inclusive Community**

KO1 Roundhouse is not only **LGBTQ+ friendly**, but it also identifies as a **women-owned** business, promoting empowerment and equality. This commitment to inclusivity and accessibility fosters a supportive environment where everyone can work towards their fitness goals.

### **Dynamic Training Programs**

Whether you're a beginner or an experienced athlete, KO1 Roundhouse offers classes suitable for all levels. The highlight of the schedule includes intense Muay Thai training sessions three times a week (Monday, Tuesday, Thursday, 7:30-8:30 PM), with additional circuit training available daily. The **membership required** policy ensures that members receive the full benefits of the center, including personalized attention from trainers.

### **Professional Coaching and Support**

Under the guidance of Coach Ignacio, a champion in Muay Thai, participants can expect high-quality instruction tailored to their individual needs. With a focus on technique, cardio, and strength conditioning, the workouts are designed to challenge and motivate participants. Reviews highlight the excellent coaching and supportive atmosphere, making it easy to stay committed to your fitness journey.

### **Visit KO1 Roundhouse Today!**

If you're looking for a dynamic and inclusive fitness experience in Oakland, KO1 Roundhouse is the perfect destination. With its diverse community, superb amenities, and expert coaching, it truly embodies the spirit of fitness for all. Don't miss the chance to be part of this empowering environment; come by and see what makes KO1 Roundhouse the best gym in town!

### **Our business is located at**

132 E 12th St, 94606 Oakland, California - United States (US)

The phone of the mentioned **Fitness center** is +1530-574-1074  
And if you want to send a WhatsApp, you can do so at +1530-574-1074

## **We open at the following schedule:**

Day	Hours
Monday	7?AM–1?PM 4–8:30?PM
Tuesday	7?AM–1?PM 4–8?PM
Wednesday	7?AM–1?PM 4–8:30?PM
Thursday	7?AM–1?PM 4–6:30?PM
Friday	8?AM–1?PM
Saturday	Closed
Sunday	7?AM–1?PM 4–8?PM

The website is KO1 Roundhouse

In case you want to modify any data that you think is incorrect about this web, we ask forward a message so that we will correct it as soon as possible.  
Thank you in advance thanks for your cooperation.

## **Images**



*Ko1 roundhouse website*



*Ko1 roundhouse videos*



*Ko1 roundhouse street view 360deg*





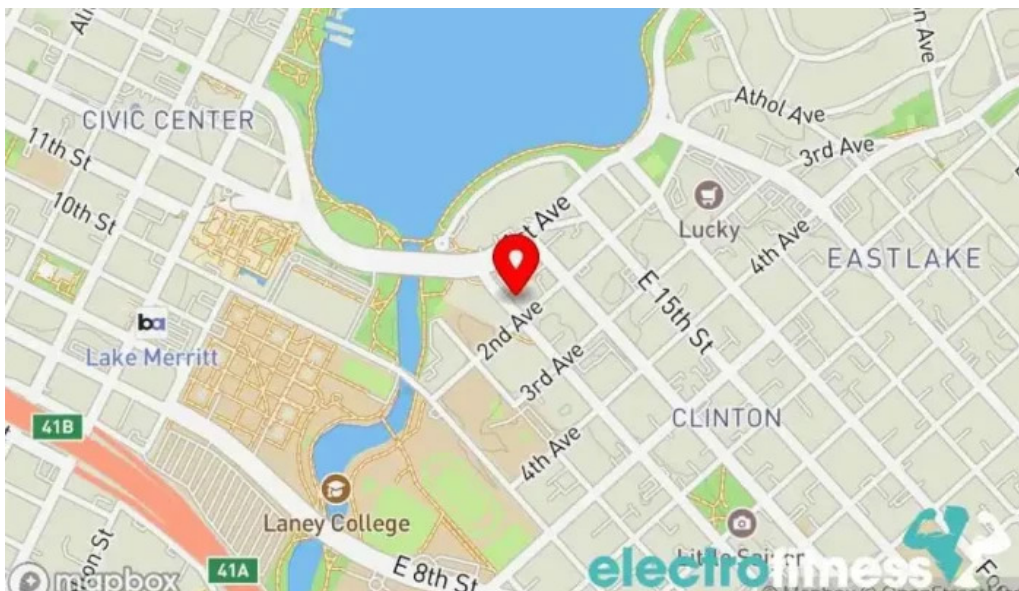
*Ko1 roundhouse phone*



*Ko1 roundhouse open now*



*Ko1 roundhouse oakland*



*Ko1 roundhouse map*

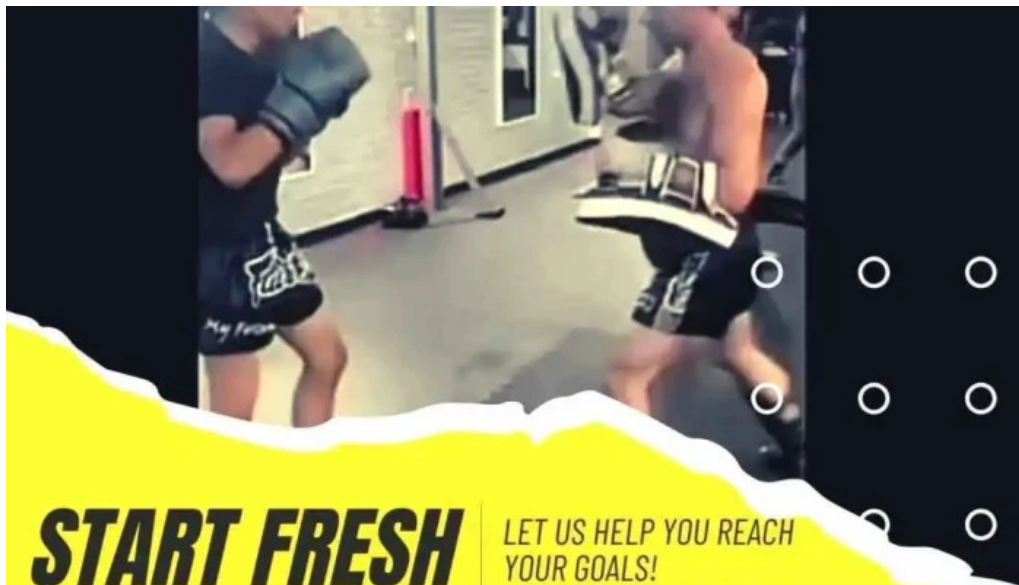




*Ko1 roundhouse gym*



*Ko1 roundhouse fitness center*



*Ko1 roundhouse by owner*



*Ko1 roundhouse all*

## Tags

*Good for kids, Transgender safe space, Swimming pool, Children, Crowd, Identifies as Asian-owned, Planning, Accessibility, Gender-neutral toilets, Wheelchair-accessible entrance, Toilet, From the business, Identifies as Latino-owned, Identifies as women-owned, Membership required, LGBTQ+ friendly, Amenities*

## Related content

**4.6 \*** [Level Up Boxing & Fitness - Lanham](#)

**4.7 \*** [Powerform - Oakland](#)

**4.8 \*** [Aqua-Tots Swim School Ahwatukee - Phoenix](#)



<b>4.8 *</b>	<i>The Dance &amp; Gymnastics Academy Of Dartmouth - Dartmouth</i>
<b>5.0 *</b>	<i>RenewMe Fitness - Bethesda</i>
<b>4.9 *</b>	<i>CrossFit Eminence - Denver</i>
<b>5.0 *</b>	<i>My Gym Children's Fitness Center - Highlands Ranch</i>
<b>4.9 *</b>	<i>Bft Rockridge - Oakland</i>
<b>4.3 *</b>	<i>Salvador Perez Swimming Pool - Santa Fe</i>
<b>5.0 *</b>	<i>California Diving Academy - Walnut Creek</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center

convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist

kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex



sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization