

Unit 2 Abbey Quay
Barking IG11 7EP.

GCW.

ANYTIME FITNESS

0203 793 2585
weston-homes.com

Weston
Homes

Well Positioned Gym Investment within New Residential Development.



Investment Summary.

- Attractive new build gym in a thriving London suburb
- Abbey Quay is a mixed-use residential-led development which will deliver 1,118 apartments
- Ten-minute walk from Barking Station
- New 20-year lease to Anytime Fitness
- 15-year term certain with CPI linked uplifts
- Current passing rent of £152,500pa
- Virtual freehold interest (999 years remaining)



Offers in excess of
£1,800,000
reflecting
8.00% NIY
(Subject to contract and exclusive of VAT).

Barking.

Barking forms one of the key urban centres in East London and sits within the London Borough of Barking and Dagenham, which has an estimated population of around 320,000, projected to continue growing over the next decade as major regeneration schemes come forward, including Barking Riverside and Abbey Quay.



Major East London district, located approx. 9 miles (14 km) east of Central London.



10 minute walk to Barking Station for Overground, Rail and Tube connections.



Located between the City, Canary Wharf and key Thames Gateway growth corridors.



320,000
population



10,000
new homes



Barking Riverside, located to the south of the town centre, is one of London's largest regeneration schemes, delivering over 10,000 new homes supported by new infrastructure including Barking Riverside Overground Station and a Thames Clippers River Bus Pier, offering direct river services to Canary Wharf and Central London.

Abbey Quay Development.



- Part of a wider regeneration of Barking and Dagenham, Abbey Quay is an exciting new residential-led mixed-use scheme on the River Roding, Barking (Zone 4)
- Gross development value of £350m
- 1,118 luxury apartments with an additional 50,000 planned in the next twenty years
- The development accommodates 41,000 sq ft of commercial and leisure space
- The nearby Barking Station (10 minute walk) welcomes seven million visitors every year and connects residents to Central London within 45 minutes

Tenancy Schedule.

Address	Tenant	Lease Start	Lease Expiry	Break	Rent	Area	Sq Ft	Commentary	EPC
Unit 2 Abbey Quay	Better Gyms Limited, t/a Anytime Fitness	21/11/2025	20/11/2045	20/11/2040	£152,500	Ground Floor: Mezzanine: First:	2,538 1,300 5,407	21 months rent free (to be topped up by the vendor) Five yearly CPI increased reviews, cap and collared at 1% and 4% respectively	C-56
Total							9,245		

Tenure.

Virtual Freehold. (999 years remaining)



For indicative purposes only.

Proposal.

Offers in excess of
£1,800,000

Purchase at this price
would reflect a
8.00% NIY

This property is elected for VAT.
Allowing for standard purchasers' costs.
This will be treated as a TOGC.

Contact Details.

For further information please
contact:

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Bobby Share

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ANTI-MONEY LAUNDERING

A purchaser will be required to provide appropriate
ID information to satisfy all anti-money laundering
regulation.

DISCLAIMER

Whilst every effort has been made to ensure accuracy,
no responsibility is taken for any error, omission or
mis-statement in these particulars which do not
constitute an offer or contract. No responsibility or
warranty whatever is made or given either during
negotiations or in particulars by vendor, lessor or
the agent Gooch Cunliffe Whale LLP.

Registered in England No. OC376010.

Registered office: 2 Lemn Street, London, E1 8FA.

MAY 2026

Barking. Anytime Fitness

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