S Strong OS

Booking software for boutique studios, on one page.

What it is, what it does, why studios move, and what changes if you switch. For reformer, Pilates, barre, yoga and boutique fitness studios. November 2026.

1 What it is

Strong OS is booking and studio software built only for class studios: timetable, bookings, memberships and packs, payments and check-in in one fast, modern system under your studio's own name. Your members, their remaining credits, your memberships and your timetable are moved across by us, and you go live on a date you pick. Built and supported in the UK, by people who answer.

2 What it does

Timetable and booking

Classes, rooms, instructors and capacities on one schedule. Members book, cancel and join waitlists in two taps.

Packs, credits and memberships

Intro offers, class packs, unlimited memberships and drop-ins, with credits tracked per class type so the right pass covers the right class.

Your own booking page

Your name and your look, no marketplace showing your clients other studios. A branded iOS and Android app is available too.

Payments into your account

Card, Apple Pay and Direct Debit, paid straight into your own Stripe account. Recurring memberships run themselves; failed payments are chased.

Fewer no-shows

Cancellation windows you set, late-cancel and no-show rules applied for you, and waitlists that fill a freed place automatically.

Check-in and the desk

Check-in from the register, walk-ins paid by QR on the client's phone, everything on one member record.

Several locations, one account

Every location under one studio account: one member record and a timetable per location.

Marketing

Newsletters, intro-offer follow-ups and the source of every sign-up, so you know what fills classes.

Team

An instructor app, cover requests and a cover board, so a sick day doesn't become an evening of messages.

3 Why studios move

Most studios at your level run on software built for gyms, salons and spas at once, and pay for a lot they don't use, while the booking experience carries the platform's brand rather than yours. Strong OS does what a class studio needs and nothing it doesn't, under your name, with your members staying yours. The switch is the hard part, so we do it: you check our work, then choose the day.

4 If you run one of these today

YOU USE	BUILT FOR	WHAT CHANGES ON STRONG OS
Mindbody	A large all-in-one platform with a consumer marketplace, used by studios, gyms and salons.	Your own booking page with no marketplace beside it, and setup done for you.
bsport	Boutique studios, with a strong member app and marketing tools.	The same boutique focus, with payments into your own Stripe account and a migration we run.
Momence	Studios and creators, with a very wide feature set.	Fewer settings to manage: a studio-shaped system set up with you, not by you.
Glofox, TeamUp	Gyms and fitness businesses, from single sites to franchises.	Built around the class timetable, packs and credits, with your brand first.

Live at independent studios in the UK · set up for you, start to finish · hello@strong-os.com

Book 15 minutes: strong-os.com/demo