

A woman with curly hair is sitting at a wooden desk, looking thoughtfully to the side. She is holding a pen and a tablet. A water bottle is on the desk. The scene is framed by a large circular cutout. The word "FORA" is overlaid in a large, white, sans-serif font.

FORA

Discover
One Canada Square

Goodbye daily grind,



You want more than just a space to work. You're searching for a setting that truly inspires you. A launchpad that propels you and your people forwards.

At Fora, we're driven by one simple truth; everyone works differently. We're for the progressives, the forward thinkers, the status quo-challengers, the creators and the innovators. Because work isn't just somewhere you go, it's about where you're going too.

hello new world of work

Workspaces to make your everyday extraordinary

Whether you're a quiet seeker, a noise needer, a solo thinker or a social butterfly, experience the office like never before and be empowered to work in your own unique way.

We offer workspace for every stage of your business journey. Choose from private offices, entire floors or coworking access to suit the way you work, and with over 500 bookable meeting rooms available, you can get your team together in any location.



The Fora difference

Whether you're an established business or a new venture, everything at Fora is built around the way you and your team work best.



FOR YOUR UNIQUE WORKSTYLE

Everyone has their own way of working. Some need silence to feel productive, while others prefer background buzz. From finding focus and lunchtime learning to working out and recharging your batteries, a day is what you make of it at Fora.



FOR EXTRAORDINARY EXPERIENCES

With our dedicated Member Experience team taking care of the details, you and your team can focus on the bigger picture. And, our carefully curated member events and wellness classes will boost your mind, body and soul.



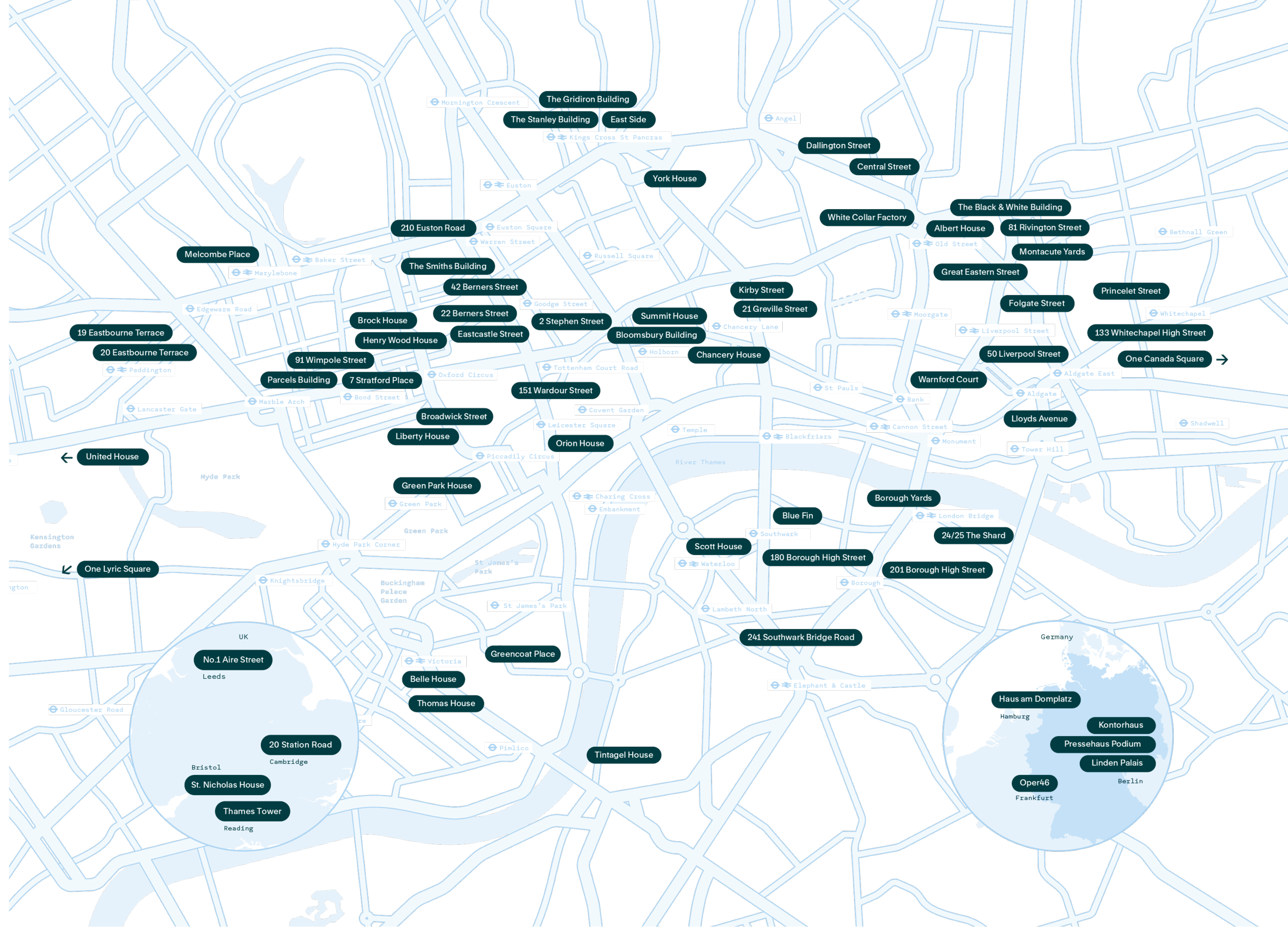
FOR PROGRESSIVE THINKERS

We're always looking forwards. Constantly innovating and exploring sustainable ways to power progress in an ever-changing world. Whether you're a team of two or 2,000, feel good in a workspace that shares your values and drives positive change every day.



Our collection

No workspace is an island at Fora. Every workspace we create joins a neighbourhood – giving you access to a range of buildings, wellness features and services designed to elevate your day. So, whether you want to socialise in Shoreditch, connect in King's Cross or recharge in Reading, you'll find a space that suits your workstyle.



Shape your day,

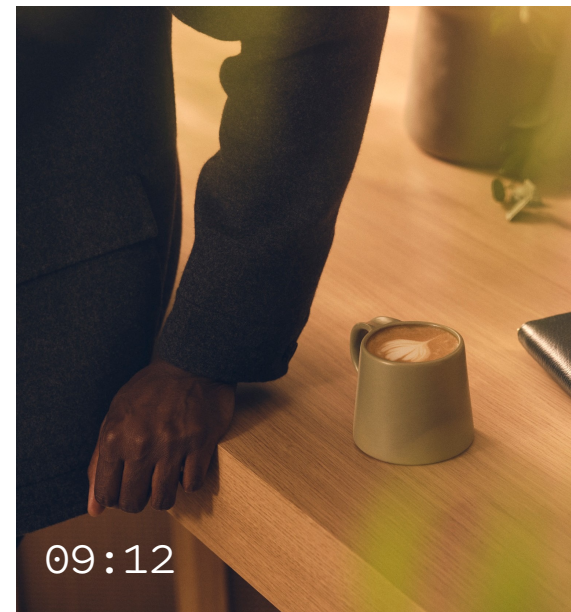
However you work best, we've got the setting to enhance your everyday.



07:54

FEEL REVIVED

Unleash feel-good endorphins with a cardio session or fitness class. Our dedicated wellness areas will recharge your batteries and make you feel refreshed for the day ahead.



09:12

ZONE IN

Take stock of your to-do list with a fresh coffee from the café and make time for learning in our tranquil reading spaces. Our eclectic collection of books will fill your mind with fresh ideas.



11:46

TEAM UP

Fizzing with ideas and eager to share? Get together and turn big ideas into team breakthroughs. Take your brainstorming session to another level with an alfresco meeting on the terrace.



14:08

GET INVOLVED

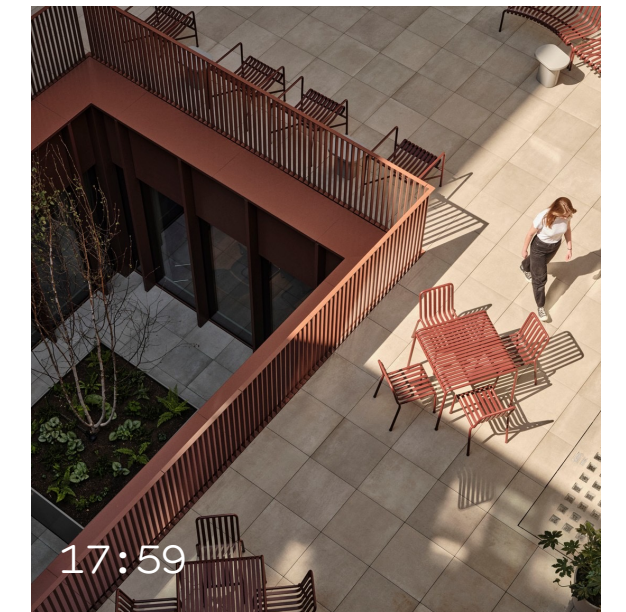
Social butterflies love our buzzing communal areas. Pick a comfy corner in the lounge to gather your team and, if you're feeling chatty, meet fellow Fora members.



16:27

STAY CONNECTED

Crunching the numbers or getting creative? Our booths will help you find your focus with their cosy feel and noise-cancelling effects. Seize the chance to catch up on calls away from the buzz of the office.



17:59

SET THE STAGE

Showcase your work, celebrate your team or bring your business idea to life. Host an unforgettable occasion in one of our statement event spaces across the collection.

own your workstyle

CITY-SPITALFIELDS

One Canada Square

Reach the pinnacle of your potential from One Canada Square, at the heart of London's financial district.

ONE CANADA SQUARE, LONDON E14 5AA



FEEL-GOOD ENERGY

Innovative sustainability elements run throughout One Canada Square. From our office spaces where flooring is made from recycled tyre rubber to our kitchens, where coffee grounds are saved and repurposed for BBQ bricks. Feel proud of a business base that's powered by 100% renewable energy and prioritises eco-friendly design.

A HEALTHIER YOU

Staying focused doesn't have to mean staying still. Our on-site gym is just moments away from your desk. Equipped with weights and resistance machinery, it's easy to incorporate your fitness regime into your working day. Whether you're a routine-follower or prefer a workout on the fly, our Peloton bikes are a great way to get your body moving.

EFFORTLESSLY EXTRAORDINARY

With our dedicated Member Experience team on hand, you'll feel empowered to take your business to new heights. From event catering and pitch planning to greeting guests and troubleshooting tech, we take care of the day-to-day so you to focus on the bigger picture.

ADVANCING TOGETHER

César Pelli's iconic One Canada Square is one of the most recognisable structures dominating the London skyline. Just five minutes from Canary Wharf underground, DLR and the Thames Clipper stations, this workspace connects you to clients across London and beyond.



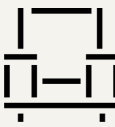
Under the spotlight



CAFÉ
Fuel your day with nutritious, freshly prepared food, snacks and drinks.



FOCUS BOOTHS
Personal, private booths for work that requires intense focus.



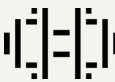
LOUNGE
Comfy and spacious communal area with plenty of power sockets.



SHOWERS
Post-workout or bike ride, help yourself to fresh towels and toiletries.



PHONE BOOTHS
Private, noise-cancelling booths for undisturbed phone calls.



GYM
Workout with our range of classes, PT sessions, free weights and fitness equipment.



ONE CANADA SQUARE, LONDON E14 5AA

Square foot	80,907
-------------	--------

Offices	64
---------	----

Meeting rooms	15
---------------	----

Memberships available	Fora Office Fora Roam Fora Virtual
-----------------------	--

VIRTUAL TOUR

A connected location

JOURNEY TIME	STATION	TRANSPORT LINKS
2 mins*	Canary Wharf	    
8 mins	Canada Water	  
13 mins	London Bridge	   
14 mins	Bank	      
18 mins	Waterloo	     
18 mins	Stratford	      
19 mins	City Airport	  
22 mins	Holborn	  
25 mins	Liverpool Street	       
26 mins	Oxford Circus	   
27 mins	Victoria	    
49 mins	Gatwick Airport	 
67 mins	Heathrow Airport	    

 London Underground

 Central

 Victoria

 District

 Northern

 Metropolitan

 Waterloo & City

 Overground

 Bakerloo

 Piccadilly

 Circle

 Hammersmith & City

 Jubilee

 DLR

 Elizabeth

 National Rail Services

 Airports

*

Walking time

We offer statement setups for businesses of all sizes. With flexible membership types and 3-month minimum term contracts available, you’ll find a membership option to suit whatever you or your team need.



FORA OFFICE
Private offices for teams of 2 to 2,000, ready for you to move into tomorrow on flexible terms, with the option to tailor the space to suit the unique needs of you and your people.



FORA OWNED
Your own desk, chair and secure locker in the workspace of your choice, plus access to coworking areas across our collection.

MONTHLY AVG PRICE: £600



FORA ROAM
Drop by for a power-hour or stay for the day, with exclusive access to over 60 coworking areas across our collection.

MONTHLY PRICE: £450



FORA VIRTUAL
Register your business to a workspace address, with post handling included. Add optional extras, like call forwarding.

MONTHLY AVG PRICE: £125

Explore our memberships

Your all-in-one membership

At Fora, everything is about ease. That’s why your business rates, service charges, building insurance, business-grade wifi, professional cleaning, maintenance and utilities are all included in your membership. And with our Member Experience team taking the grind out of the day-to-day, you can focus on what matters.



Become a Fora member to enjoy the below as standard:

- Access to the entire Fora collection of over 60 workspaces, and 24/7 entry to your home building.
- Craft a space that’s totally unique and tailored to your needs with our expert in-house design team.
- Fully stocked kitchens with complimentary snacks, barista cafés, an exclusive coffee blend and catering.
- Members’ discount on over 500 meeting rooms, all equipped with high-quality video conferencing.
- On-site gyms with PT sessions available. Plus, our secure bike storage, showers and lockers.
- A monthly schedule of exclusive member events, expert panel talks, courses, workshops and socials.
- Access meditation spaces and prayer rooms across the collection.

Get to know us



We've been crafting workspaces for over 20 years. Companies of all kinds count on us to shape environments that inspire the best work. We're home to a vibrant network of businesses, from new ventures to established brands.

67

Distinctive locations
packed with amenities

28k

Members moving their
businesses forwards

500+

Tech-enabled meeting
rooms available to book

50+

Comfy lounges and
spacious communal areas

20+

Statement event venues,
close to transport links

18

On-site gyms to train
around your day

3.2m

Square feet of
workspace in total

20+

Years leading the way
with our workspaces

Ready to make
your every day
extraordinary?

FORA

hello@foraspace.com
+44 20 3923 7090