Training and Flip-Top Tables

Top 5 Buyer Questions & Expert Answers

Q1.   What is a flip-top table and how does the flip-top mechanism work?

A flip-top table has a pivot point at the back of the table frame that allows the tabletop to rotate 90° from flat (in use) to vertical (for storage and nesting). In use, a locking mechanism holds the top horizontal — it functions exactly like any flat work surface. For reconfiguration, the user releases the lock and flips the top to vertical, at which point the table occupies only the depth of its leg frame (4"–8"). Multiple flipped tables can then be nested side-by-side and rolled into storage, with 8 nested tables occupying roughly the footprint of a single conference table. The flip-top mechanism provides better work surface quality than folding tables (no fold joint) while enabling more storage efficiency than fixed tables.

Q2.   What table shapes are available for training rooms?

Training tables are available in four main shapes. Rectangular tables are the most common and versatile — they work in classroom, U-shape, cluster, and conference layouts. Trapezoidal tables have one angled side, enabling chevron (herringbone) configurations where tables angle toward a central presentation point — ideal for improving sightlines in large rooms. Half-round (D-shaped) tables are used at the ends of U-shape configurations or as instructor stations. D-end tables are rectangular with one curved end for a finished look at U-shape ends. Most training rooms use primarily rectangular tables with optional D-end or half-round pieces for specific layout features.

Q3.   How many people can sit at a training table?

Seating capacity depends on table length, width, and the space allocated per person. For classroom-style seating (one side only), allocate 24" per person minimum — a 72" table seats 3, a 96" table seats 4. For laptop users, allocate 30" per person — a 72" table seats 2, a 96" table seats 3. For bilateral seating (people on both sides), use 30"-wide tables: a 72"×30" seats 4 (2 per side), a 96"×30" seats 6 (3 per side). A 24"-wide table with people facing each other is uncomfortably narrow for laptop users. The general rule: plan for 30" per person when in doubt — overcrowded training rooms reduce engagement and productivity.

Q4.   What is the difference between T-leg and C-leg training tables?

T-leg training tables have a single vertical post at each end of the table, forming a T-shape. The post is centered at the table end, allowing adjacent tables' T-legs to slide alongside each other when nesting — enabling tight, efficient nesting. T-legs are the most common design for flexible training environments. C-leg (or ganging leg) training tables have the upright post offset from center, designed so adjacent tables' legs interlock when ganged side-by-side — useful for connecting tables into larger surfaces. C-leg tables are common in modular systems where tables need to lock together physically. Both leg types nest effectively; T-legs generally provide slightly tighter nesting. Panel-leg tables provide more visual weight and stability but nest less efficiently.

Q5.   What casters should I specify for training tables?

Specify 3" polyurethane (PU) swivel casters for training tables in most environments. Polyurethane casters protect flooring, roll quietly on hard surfaces, and handle carpet transitions better than smaller casters. Each table should have at least 2 locking casters (with brake) — these lock the table in place during use and release for movement. The other 2 casters swivel freely for steering. On carpet, 3" casters perform significantly better than 2" casters. Avoid nylon casters on hard floors where noise is a concern — they are louder than PU. For heavy tables or thick carpet, dual-wheel casters distribute weight better than single-wheel designs.