



THE OFFICE, UNPACKED: WHAT 30,000 SPACES REVEAL ABOUT WORK

Q1 2025
THE WORKPLACE BENCHMARK





THE OFFICE , UNPACKED

The Density Workplace Benchmark aggregates insights from some 30,000 spaces to identify how and how often their spaces are used. Based on anonymous, granular insights derived from Density sensors, the report provides a unique insight into real-life usage – globally and per industry.

CHAPTERS

- I. Utilization climbs year over year as offices fill back up
- II. Small but steady shift from hybrid to full-week at office
- III. Industry matters: Different verticals, different workplace habits
- IV. Conclusion



I. UTILIZATION CLIMBS YEAR OVER YEAR AS OFFICES FILL BACK UP

AVERAGE DAILY PEAK UTILIZATION NUDGES UP 4 PERCENTAGE POINTS, WITH SOME INDUSTRIES SEEING MORE CHANGE THAN OTHERS.

Average daily peak floor utilization hit 47% in Q1 2025—up from 43% in the same quarter last year and the highest in our measured portfolio since the first edition of the Workplace Benchmark in 2023.

Q1 2024	Q1 2025
43%	47%

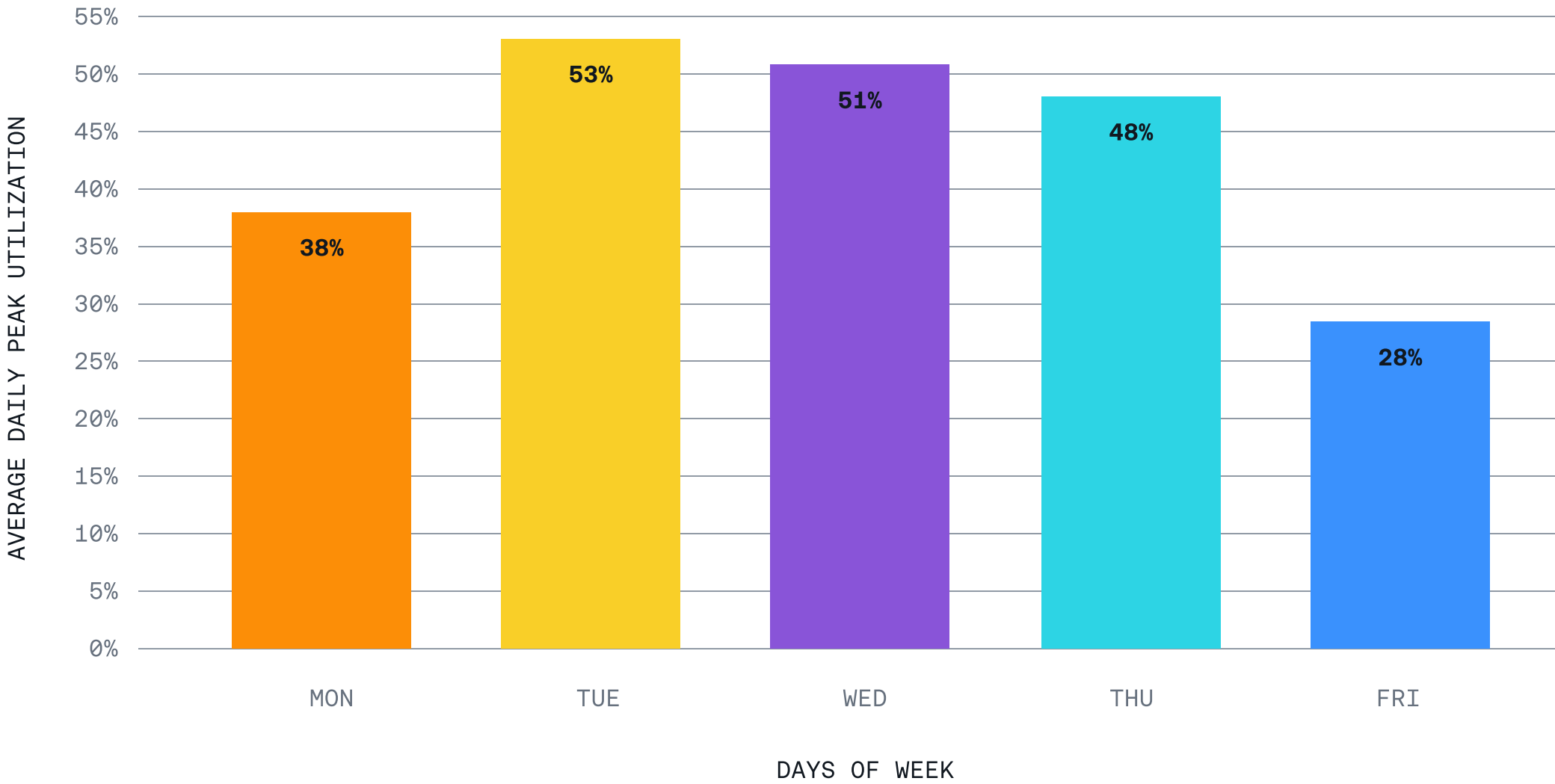
Many workplaces likely haven’t seen this level of activity since pre-pandemic days, especially in retail and business services.

- Retail industry utilization increased 18%
- Business Services utilization increased 19%

TUESDAY TOPS THE CHARTS FOR OFFICE POPULARITY AT 53% AVERAGE DAILY PEAK UTILIZATION

Tuesday remains the most popular in-office day of the week. After that, midweek follows closely behind, with Wednesdays and Thursdays seeing healthy occupancy.

Mondays and Fridays, however, paint a different picture: offices start slow with just 38% occupancy on Mondays and taper off dramatically to a mere 28% by Friday. Remote Fridays may be here to stay.



II. SMALL BUT STEADY SHIFT FROM HYBRID TO FULL-WEEK AT OFFICE

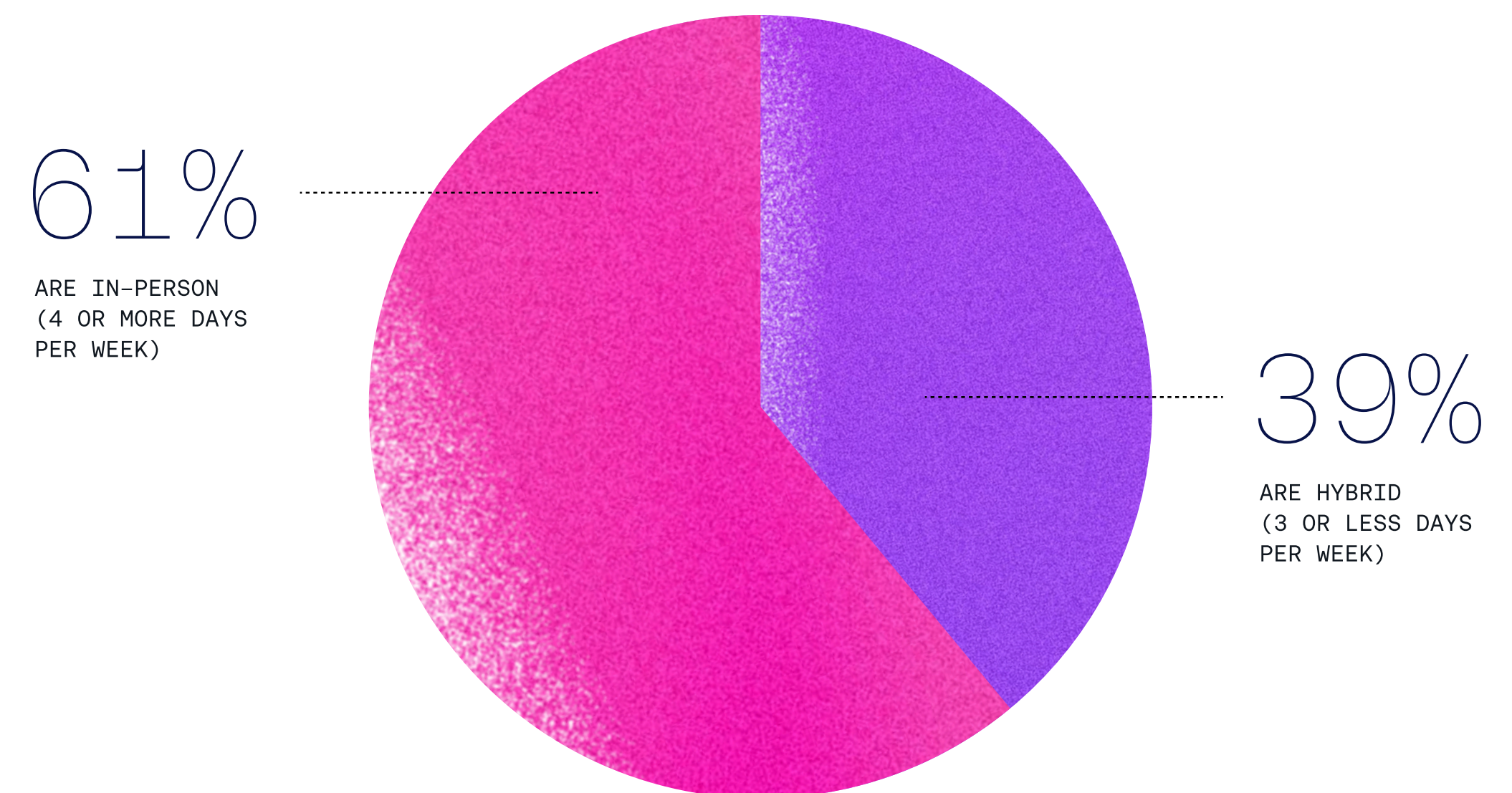
THE PERCENTAGE OF ORGANIZATIONS WITH HYBRID SCHEDULES FALLS 8 PERCENTAGE POINTS

Return to office isn't just a buzzword: 55% of companies are making moves to bring people back IRL. This includes upping in-person day requirements, nudging remote teams back to the office or rolling out other RTO measures.

This has resulted in a noticeable shift. The share of companies with consistent Monday-to-Friday attendance across at least two-thirds of their office floors jumped 8 percentage points year over year—up to 25% in Q1 2025 from 17% in Q1 2024.

Overall, more companies are going in-person. Today, 61% of organizations in our study have now fully returned, meaning employees are in the office at least four days a week. The rest (39%) are still hybrid, sticking to three or fewer days in the office. Density works with companies that maintain offices for employees—our data doesn't capture companies that are fully remote.

IN PERSON VS. HYBRID



III. INDUSTRY MATTERS: DIFFERENT VERTICALS, DIFFERENT HABITS

WORKPLACE PATTERNS ARE DIVERGING ACROSS INDUSTRIES.

Business Services takes the lead on teamwork, with one of the longer average day lengths (5.8 hours) and the highest average daily collaboration time per person (1.2 hours).

Collab time for **Finance** is the lowest, at 0.4 hours per person per day on average.

While **Software** spends less time in office than other industries (4.4 hours—similar to **Media & Internet** at 4.1 hours), it boasts the highest average meeting room efficiency, 33.3%. That means there’s the healthiest ratio between the number of people occupying a space and its designated capacity.

Finance meanwhile sees highest average floor utilization: 58.8%. **Software** is a standout for “wasting” space. More than 48.5% of the industry’s spaces are used less than 1 hour per day on average.

INDUSTRY	AVG FLOOR UTILIZATION (%)	AVG DAY LENGTH (HOURS)	AVG COLLAB TIME/PERSON (HOURS)	AVG MEETING ROOM EFFICIENCY (%)	AVG WASTED SPACE (%)
	Average daily peak people count divided by capacity	Average time between a floor first exceeding and last falling below its 75th percentile occupancy for the day.	Average daily time spent in meeting spaces, scaled by room occupancy, divided by peak floor occupancy.	Average people count divided by capacity during meeting room use	Average % of spaces used less than <1 hour per day on average
Business services	38.1%	5.8	1.2	27.5%	7.9%
Finance	58.8%	5.5	0.4	24.1%	33.3%
Media & Internet	51.9%	4.1	0.9	28.3%	27.2%
Real Estate & Construction	48.5%	6.1	N/A	N/A	12.5%
Retail	44.6%	5.0	0.8	29.6%	28.1%
Software	41.6%	4.4	0.8	33.3%	48.5%
Telecomm-unications	28.1%	5.5	0.8	18.8%	37.1%
Other	23.1%	5.3	N/A	N/A	N/A

Data from Q1 2025

CONCLUSION

RTO EFFORTS ARE DRIVING UP DAILY PEAK FLOOR UTILIZATION.

- Floor utilization hits a new high at 47% in Q1 2025—the busiest offices have been in years
- The office comeback is real. The share of companies with five-day attendance across at least two-thirds of their office space jumped 8 percentage points
- Business Services—think consulting and insurance—takes the lead on teamwork time, as one of the leaders in average day length and the highest average daily collaboration time per person
- Finance sees the highest utilization rate, with the most number of people in office as it relates to the number of available desks



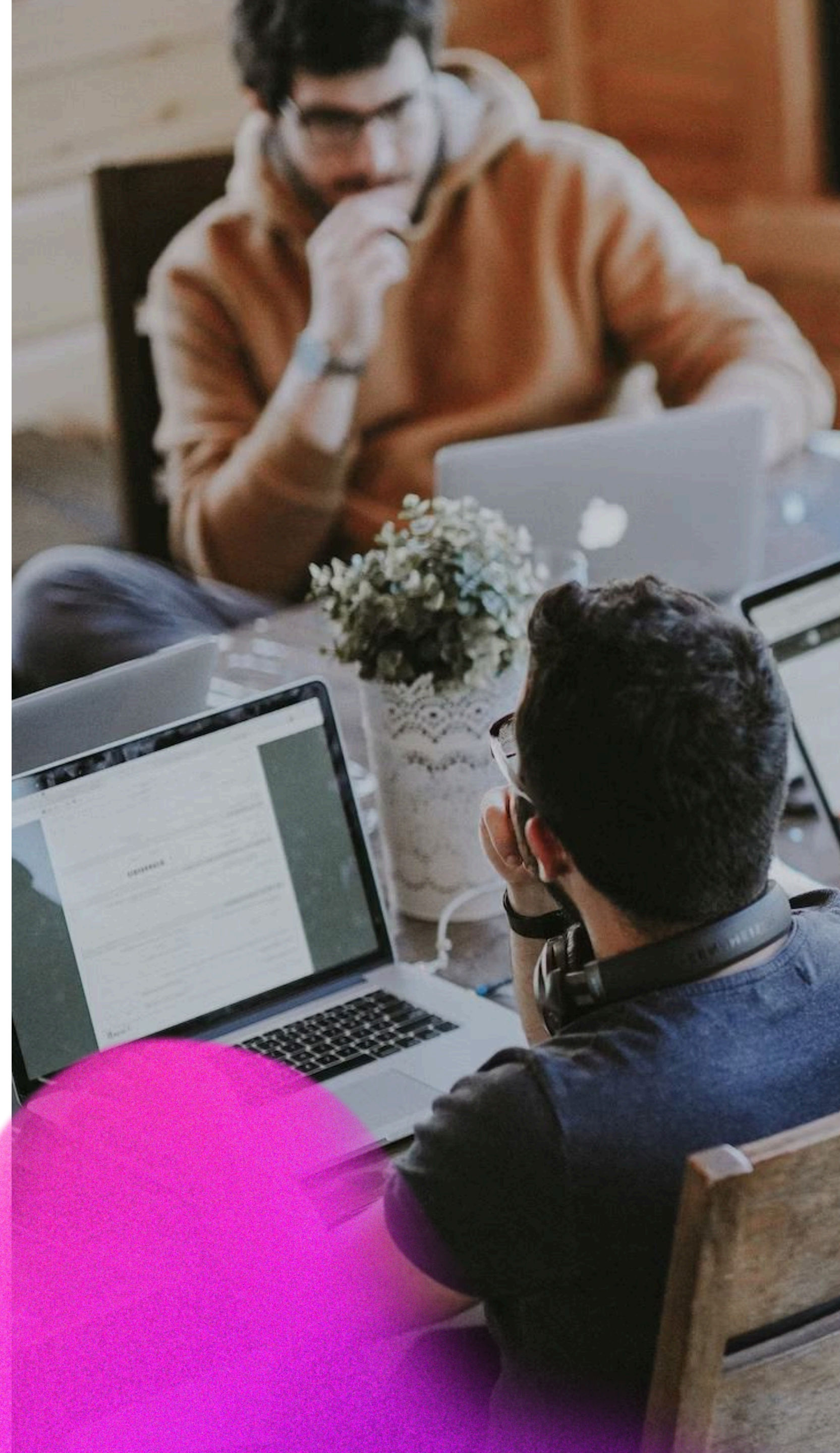
METHODOLOGY

2024-2025 WORKPLACE BENCHMARK STUDY

Q1 2024 = 1/2 - 3/31 vs. Q1 2025 = 1/2 - 3/31

SAMPLE

- 106 buildings
- 275 floors
- 30,593 spaces
- Only includes workplace floors with an area ≥ 5000 SF, a total sensor deployment coverage area ≥ 1000 SF and average daily people count > 30 people.



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