



Rudy Guillard

HEAD OF SPORT & MASTER COACH

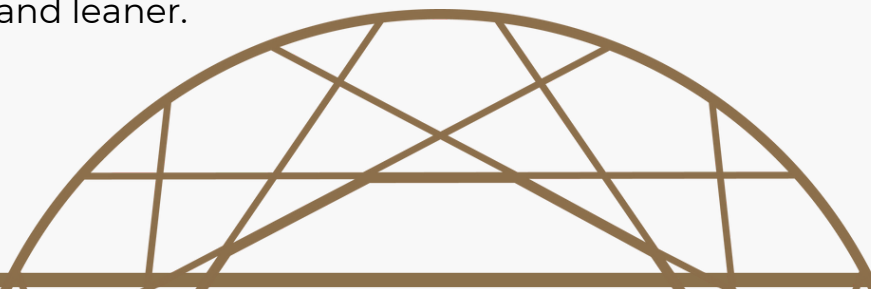


Rudy Guillard is a **Head of Sport & Master Coach** with 15 years of experience in the health and fitness industry. He started his career as a gymnast and performed as a member of the *Junior French* team. He also worked as a coach for cruising companies worldwide and collaborated with *Procter & Gamble* headquarters in Geneva on the opening of their employee fitness space.

In September 2017, Rudy joined THIRTY NINE Monte Carlo as part of their family. Passionate about the human body, Rudy's goal is to be the best asset to his clients. His motto is "Emotions are led by motion", and he believes that postural disturbances are linked to psycho-emotional trauma.

Rudy constantly strives to improve his skills and knowledge through permanent education and studies. He uses a 360 approach, specializing in the body as a whole system, and incorporating neuroscience into his systematic testing protocols. This approach allows him to address the source of the problem and change faulty motor patterns.

As a **Master Coach**, Rudy can offer new services like the *Light Stretch Therapy* that can help alleviate seasonal depression, insomnia, and more. Rudy's unique approach to fitness has allowed him to have a bigger impact than just making someone fitter and leaner.





Nevena Masic

HEAD OF PILATES & MASTER COACH



Nevena Masic is Head of Pilates, Master Coach & certified STOTT PILATES® instructor with years of experience teaching in high-end gyms and clubs. She has also created a couple of fitness spaces and owned one of the first boutique Pilates studios in Belgrade for six years, where she crafted her unique mix of Pilates and training.

Since the opening of THIRTY NINE Monte Carlo in 2016, Nevena has been a part of the team, expanding her knowledge in a different field and acquiring more tools to address specific clients' needs. As a specialist in **isometric rehabilitation, breast cancer exercise rehab, Pilates for neurological conditions, and prenatal + postnatal specialist**, Nevena has a broad range of knowledge that allows her to incorporate various techniques to develop a unique style and method of teaching Pilates.

Nevena is constantly challenging the way Pilates has been taught and consumed, and her experience and unique approach make her a **39 Master Coach**, delivering exclusive Pilates training with high expertise.

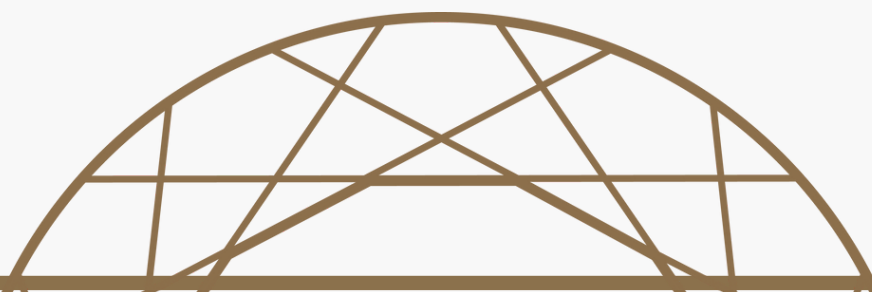




Photo: Alice Blangero

Anne-Laure Seillan

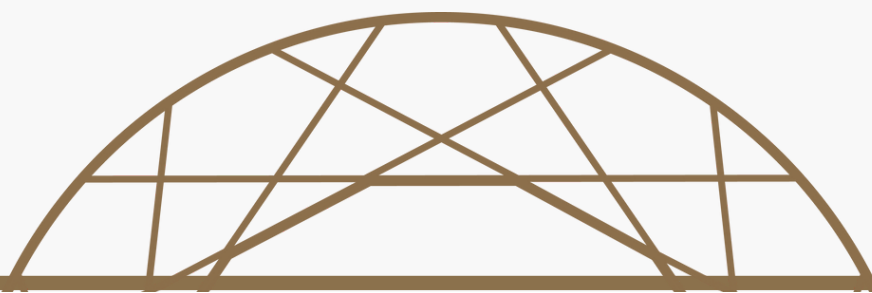
PERSONAL TRAINER & INSTRUCTOR
FOR GROUP CLASSES



Anne-Laure Seillan is a world-renowned professional **dancer** who has graced the stages of some of the most prestigious dance companies around the globe. Her training began at the *École Nationale Supérieure de Danse de Marseille - Roland Petit*, and her natural talent and hard work led her to perform with prestigious companies such as *Ballets Jazz de Montréal*, *Aterballetto*, *Zurich Ballet*, and *Ballet de Monte Carlo*.

Anne-Laure spent a decade as a soloist dancer with the *Ballet de Monte Carlo*, performing iconic roles in the repertory. Following her fulfilling career as a dancer, she transitioned to become a certified **Pilates** instructor, specializing in **Reformer Pilates**. With her one-on-one guidance, Anne-Laure combines muscular stretching, strength, flexibility, and balance to lead her clients towards their best selves.

In addition to her **Pilates** instruction, Anne-Laure has obtained certification in **ballet** teaching as well as **Coach Munz Barre®** and **Coach Munz Floor®**, providing her clients with an even broader range of expertise





Mike Lomibao

PERSONAL TRAINER & INSTRUCTOR
FOR GROUP CLASSES

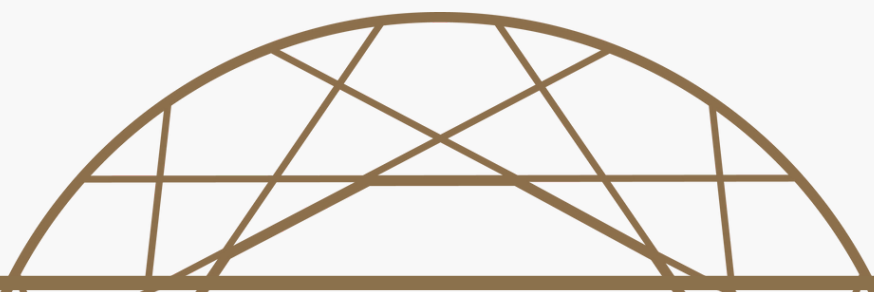


Mike Lomibao is certified **fitness professional** with a passion for **bodybuilding** and **strength training**. He has been dedicated to **bodybuilding** for six years, culminating in his participation in the *2018 Bodybuilding Competition* in Monaco, where he competed in the Men's Physique category. He has since continued to hone his skills and knowledge in the field of fitness.

In 2020, Mike earned a degree in **sports science**, including practical experience in various sports such as **athletics**, **swimming**, **football** with a specific focus on **basketball**. In 2021, Mike obtained a **BPJEPS** certification in **weightlifting** and **strength training**, which expanded his knowledge and expertise in the field. He furthered his practical experience and education by working under the guidance of *Rudy Guillard*, head of sports at **Club 39**.

Mike has also completed additional specialized training courses, including **NV 1 GMC** with *Jean Michel Grand* and **Lombaires d'Acier** with *Alexis Beck*.

In his professional work, Mike always strives to listen to his clients' needs and goals, creating personalized fitness plans to help them achieve their desired results.





Adam Hammoud

PERSONAL TRAINER

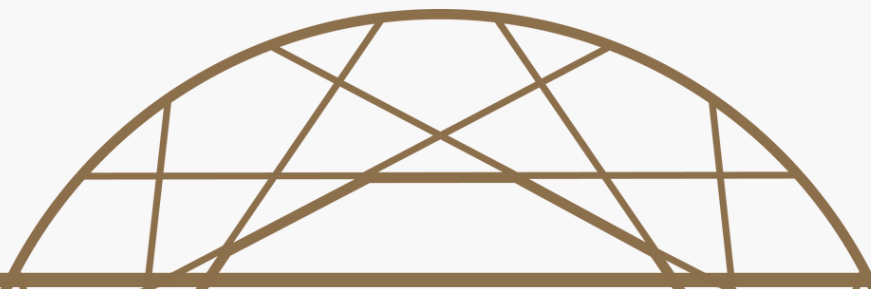


Adam Hammoud is a certified fitness professional with extensive experience in transforming lives through fitness. He has worked as a personal trainer at top-notch gyms, including *Mercury Club* in Beirut and *Fitness First* in Dubai. He also served as a **Personal Trainer & Lead Mobility Instructor** at *The Fitting Rooms* in London and as a **Strength Coach** at *Gymbox-Flagship Branch* in Chancery Lane.

Adam's expertise in strength training is exceptional, and he has helped dozens of clients achieve impressive body transformations in a 12-week timeframe through various Poliquin-based programs. His qualifications include a **Level III Personal Trainer Diploma**, **Level II Fitness Instructor** certification, and a **Certificate in Circuit Training, Kettlebell Training, Exercise, GP Referral, and PCC-Progressive Calisthenics Certified Instructor**.

Adam's specialties include **Calisthenics**, **Gymnastics foundations**, extensive **bodyweight** knowledge, nutritional comprehension, anatomical and physiological principles, whole-body strength training and development, posture alignment, and core optimization.

With his skills in **Kettlebells & Olympic Barbell**, **Calisthenics**, **Olympic Rings**, **Strength**, and **Mobility/Rehab**, Adam delivers reliable and consistent results to his clients.





Mercédesz Szikszai

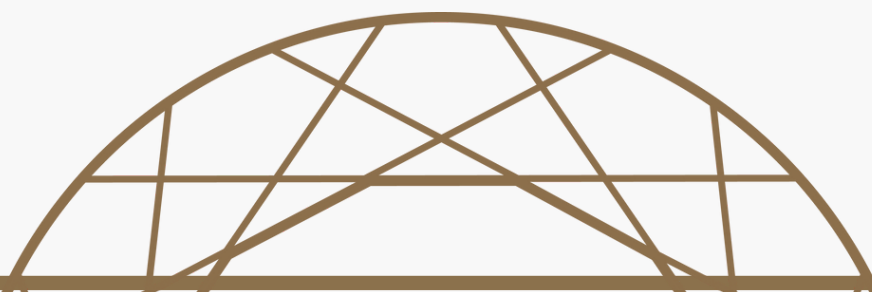
PERSONAL TRAINER & INSTRUCTOR
FOR GROUP CLASSES



Mercédesz Szikszai is a **Personal Trainer and Fitness Coach** who has dedicated her life to helping people achieve their fitness goals. Her passion for fitness started at a young age, and over the years she has earned multiple qualifications in the field, including a **Brevet Professionnel de la Jeunesse, de l'Education Populaire et du Sport in Activities of the Form** with a focus on **Group Classes and Weightlifting**, as well as certifications in **Body Pump** instruction, **Sports Nutrition**, and the **Metabolic Balance System**.

Mercédesz has also trained with some of the best in the business, including *Jean Michel Grand* for **NV 1 GMC** and the *Strength Community*. Her professional experience includes preparing individuals for the rigorous physical demands of joining the *French Foreign Legion*. In addition, she has also achieved personal fitness milestones, including two years of **weightlifting training** and even competing in a weightlifting competition in 2022.

Mercédesz's moto is "The body achieves what the mind believes". Her diverse experience and qualifications allow her to provide a holistic approach to fitness, taking into account not just physical training, but also nutrition and hormonal balance. If you are ready to take your fitness journey to the next level, Mercédesz is the coach for you.





Damien Soubiran

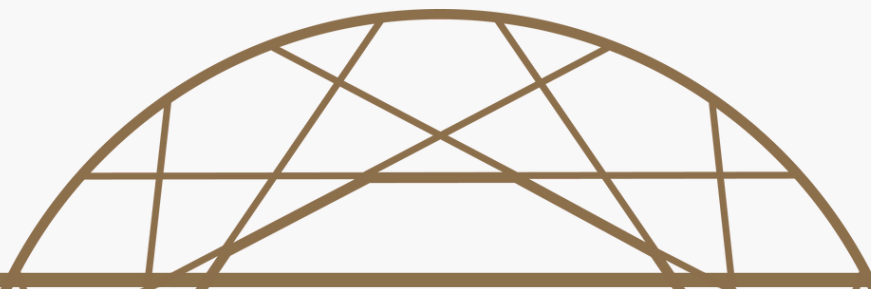
PERSONAL TRAINER & INSTRUCTOR
FOR GROUP CLASSES



Damien Soubiran is a versatile coach with expertise in **nutrition, strength and conditioning, and sport psychology**. Damien has a **BSc in Exercise and Sport Science** from the *University of Exeter*.

As a personal trainer, Damien has been freelancing since 2020, designing individual exercise programs and meal plans tailored to his clients' goals. He has fine-tuned his communication skills and ability to modify programs according to his clients' progress and motivation.

Damien has also gained experience as a club captain for the *Exeter University Futsal Club*, where he advertised and led training sessions for all three teams. Through his analysis of training sessions and matches, the first team won the *BUCS Western tier 1 division* in 2021.





Benjamin Huet

PERSONAL TRAINER

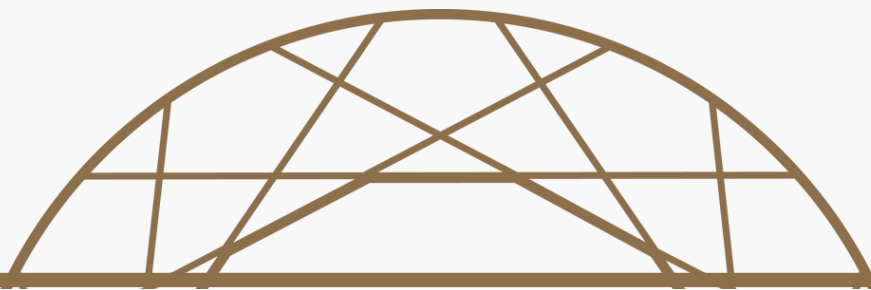


Benjamin Huet, a former professional American football player who has turned his passion for fitness into a career. With his physical abilities development skills, team sport coaching expertise, and experience in small group conditioning, he is ready to help you achieve your fitness goals.

Benjamin's journey in fitness began in 2018 when he started playing American football professionally for the Nice team. He participated in the French Championship and Europa League, always striving to improve his abilities. This drive to improve led him to help others in developing training programs and preparing the players.

Since completing his **personal trainer** diploma, Benjamin has been continuously learning new techniques to offer his clients the best solutions to achieve their goals. He is passionate about pushing himself to the limits on every workout and strives to share this mindset with others. Benjamin believes that physical activity can bring benefits not just for fitness but for personal development as well.

Benjamin specializes in gaining muscle and strength, losing fat, and improving performance in team sports. He is committed to helping his clients achieve their goals by finding what they enjoy doing and what regimen is best for them. With Benjamin, your victories will be celebrated and every step towards your goal is a win.





Eva Biasin

PERSONAL TRAINER & INSTRUCTOR
FOR GROUP CLASSES



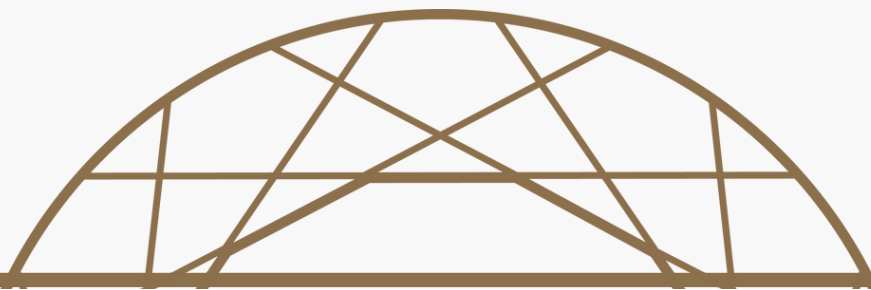
Eva Jenny Biasin is an experienced **Personal Trainer** and **Yoga Teacher**. She has expertise in *Aerial Yoga*, *Vinyasa Yoga*, and *Ashtanga Yoga*, as well as *functional training* and *cross-training*.

Eva has worked with various fitness centers, including *Aspria Harbour Club Milano* and *Virgin Active Milano*, where she led group classes and provided personal training to clients. She has also organized Yoga retreats in various locations in Europe where she combined Yoga with hiking, skiing, and other fitness activities.

Prior to her career in fitness, Eva served as a French Navy Soldier, where she worked as a military sports trainer and provided anti-narcotic intervention support.

During her teenage years, she participated in boxing competitions, and during her military service, she also competed in ultratrail running competitions.

Eva's education includes a **RYT 500 Vinyasa Yoga Teacher** certification, a **postural training** from IPATH, a **Level III Personal Trainer** certification from AIPT, as well as **Pilates** instructor training.





Youl Rafosse

PERSONAL TRAINER & INSTRUCTOR
FOR GROUP CLASSES



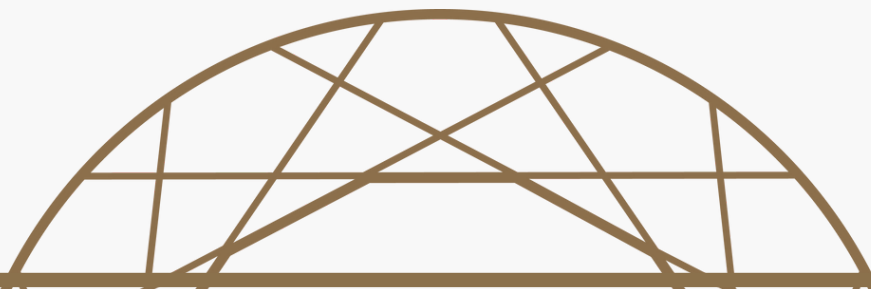
Youl Rafosse is a passionate about sports from a young age and a former professional football player, he turned to coaching after completing his studies to share his experience with others.

He has worked as a coach for both private clients and group classes at various fitness centers in **Monaco**. He has taught a range of classes including **TRX**, **Boxing**, **Cross Training**, **Small Group Training**, **Outdoor training**, **Spinning**, **HBX boxing**, and **Stretching**.

In addition to his work in fitness centers, he has also served as a sports educator for children aged 9-11 at **AS Monaco**, and provided private coaching and training in the *Nice* and *Cap d'Ail* areas through **Rforce coaching**.

His qualifications include a **BPJEPS AGFF** diploma with a mention in group classes and specialization in weightlifting and bodybuilding, as well as certification as a **BodyPump** and **TRX instructor** through *LES MILLS*. He was also a member of the jury for the **BPJEPS** diploma at **APPASCAM** in 2021.

With expertise in weight loss and muscle strengthening programs, as well as the ability to track and analyze client performance through spreadsheets.





Maud

Archambault

PERSONAL TRAINER & INSTRUCTOR
FOR GROUP CLASSES



Maud's athletic journey began at a young age, initially as a competitive swimmer at the national level. However, her passion for fitness took center stage during her teenage years. Driven by her love for sports, Maud pursued higher education in the field. She embarked on a double degree in **STAPS** (science and technics of physical and sporting activities) at **Paris University**, solidifying her commitment to a career in coaching.

During her time at university, Maud's path crossed with **CrossFit**, and it was a transformative experience. The methodology's unique combination of endurance, strength, power, and mobility, all while prioritizing athlete safety, captivated her. Recognizing the need for high-level coaching in this demanding discipline, Maud obtained her *Level 1 certification* in 2021, followed by *Level 2* in 2022.

Building on her expertise, Maud spent three years honing her coaching skills at a prominent *CrossFit gym* in Paris. However, driven by a desire for new challenges, she decided to embark on a fresh chapter in her career as a class instructor and personal trainer in Monaco.

Whether you're seeking dynamic group classes or personalized training, Maud is the instructor and trainer who will elevate your fitness journey to new heights.

