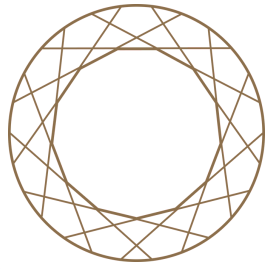


The nutrition program at 39 is carefully curated by **David Knapp**. Since joining 39, the chef translated his passion for healthy foods into the club's culinary philosophy, building it around more healing, more companionate approach to cooking.

David changes habitual expectations of healthy dining by having the freedom to invent new concepts and exploring novel trends. Thus, whether you are trying to lose weight or gain muscles, he crafts a unique custom dish for your needs, making it easier for you to stay fit without putting too much effort into it.

*David Knapp*



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