

THIRTY·NINE
PRIVATE MEMBERS CLUB

Club *at glance*

2022 - 2023



*A place like
no other.*



CONTENT

04	CLUB THIRTY·NINE
06	MEMBER BENEFITS
09	EXCLUSIVE SERVICES
14	CLUB RULES
16	TRAINING PACKAGES
23	GROUP CLASSES
25	DINING EXPERIENCE
27	SOCIAL EXPERIENCE
30	OUR NETWORK
38	CONTACT



*Club
Thirty-Nine*



Located in the heart of Monte Carlo, THIRTY·NINE, the exclusive private members sports club on the Riviera, welcomes a community of inspired individuals to discover a beautifully orchestrated world of bespoke wellness, lifestyle and cultural experiences. Designed to stimulate and soothe the senses, THIRTY·NINE facilitates a healthy and balanced lifestyle. Throughout three floors of social and intimate spaces, the unashamedly luxurious furnishings perfectly reflect the elegance and heritage of the club's iconic location, 39 Avenue Princesse Grace, Monaco.



THIRTY·NINE's concept has been created to serve as so much more than simply a members' club. The vision is to provide a setting that offers an unparalleled fusion of luxury and wellness to a sophisticated, cosmopolitan society.

Member Benefits

007

MEMBER
BENEFITS

- Priority booking on spa, beauty, grooming and hair treatments
- Access to dining room and terrace, members lounge, bar & sun terrace, with guests*
- Brand partners program and social calendar
- Complimentary 39 first introduction*
- Complimentary 39 group classes*
- Complimentary towels, toiletries and pure ionic water
- Access to our reciprocal clubs program
- 5 complimentary guest passes*

**depending on the membership*

UNDER 25 MEMBERSHIP

FULL ANNUAL MEMBERSHIP

PT ONLY



SOCIAL MEMBER BENEFITS & SERVICES

- Priority booking on spa, beauty, grooming and hair treatments
- Access to dining room and terrace, members lounge, bar & sun terrace, with guests
- Access to THIRTY·NINE social calendar
- Brand partners program
- €300 credit account to spend within the Club facilities

FULL ANNUAL

COUPLE



*Exclusive
Services*





PREMIUM CURES

A TAILOR-MADE A TO Z SUPPORT TO OPTIMISE YOUR HEALTH

OUR PROPOSAL

With a limited access, this new experience is for the ones who want to focus on their health in the long run and get the best of our expertise. Composed of 3 “à la carte” cures, it includes some of our unique experiences to support you in your journey to improve your global wellbeing.

RESET

1 MONTH CURE

Reset your organism & balance your lifestyle.

PREVENT

2 MONTHS CURE

Reset your organism & prevent it from life's vagaries.

LONGEVITY

6 MONTHS CURE

Reset, prevent & optimise your body capacity.

DISCOVER



SUPPLEMENTS

PACK ONE, elaborated in collaboration with a team of biological experts and doctor, is all made to a digestive system synergy.

WHY IS OUR DIGESTIVE SYSTEM SO IMPORTANT?

Because it all starts from here. As our second brain, our gut system is the starting point to a global wellbeing. A healthy gut system will act on the immune system and therefore your longevity. The body will build muscle and burn fat more easily. The Serotonin and cognitive faculties will increase, and our body will optimise its elimination system.

CONTENT:

MAGNESIUM

- Reduce Insomnia
- Improve Brain Function
- Fight Depression
- Strengthen Bones
- Fight Constipation

GLUTAMINE

- Gut Health
- Immune System
- Stress Effects
- Muscles Recovery

OMEGA 3

- Protein Synthesis Increase
- Muscle Mass Preservation
- Cortisol Reduction
- Mental Stress Diminution
- Anti-Inflammatory
- Triglycerides Reduction
- Skin & Hair





LIGHT STRETCH THERAPY TREATMENT

A complete full-body functional mobility restoration system combined with Luminotherapy and ear reflexology.

For more information about this exclusive treatment, click the button below:

DISCOVER



BIOLOGIQUE RECHERCHE

The legendary French cosmetics brand Biologique Recherche is available exclusively at THIRTY·NINE within Monaco.

The Biologique Recherche methodology is based on innovative products and meticulous protocols.

The products are formulated with high concentrations of active ingredients derived from natural or biotechnological compounds and are fragrance-free.

Skincare is provided following a personal dermo-cosmetic diagnosis, suitable for both men and women, using a Skin Instant analysis for each individual.

For more information about this exclusive brand, click the button below:

DISCOVER



Club Rules





CLUB RULES

- Applicants must be 18 years or older to apply;
- Membership is for a minimum of one year and renewable thereafter on an annual basis;
- Monthly debit is available on request only, for specific membership options only and with additional bank fees;
- Membership is non-transferrable;
- It is not possible to freeze a membership unless required for medical reasons;
- Any member wishing to resign their membership may do so without any possible refund;
- If the member payment occurs in monthly installments, he/she must undertake to pay 12 months without any possible cancellation;
- Monthly debit is automatically renewed at the end of the year if no cancellation request is made by addressing a letter RAR to the club;
- A gym package is non-refundable and must be paid in advance;
- Cancellation of a private coaching session, within 24 hours of the original session, will be charged at the full rate;
- Members shall not actively solicit other members for business purposes;

- All personal information is stored in our database, and never printed nor shared with any third party;
- Thirty-Nine has strict no press policy;
- Photography is permitted in the club however no other person shall be photographed or appear in the background of a photograph without prior consent;
- A guest may not visit more than once with a complimentary guest day pass;
- No member shall reprimand a member of club staff, all complaints or feedback should be made either to membership department by email or by completing a feedback form at the front desk;
- Members can't leave personal belongings in the club. We decline any responsibility of that;
- Thirty-Nine is a Private Members' Club. In order to reinforce the privacy of our members, each area is accessible only with the Club;
- Access Key available in members club app.

These are some main points of the 39 club rules, before joining, please read the full club in the button below:

[CLICK HERE](#)

Training Packages



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PRIVATE TRAINING PACKAGES

MASTER PRIVATE TRAINING

INDIVIDUAL SESSIONS	130 €
12 SESSIONS*	1430 €
30 SESSIONS***	3500 €

PRIVATE TRAINING

INDIVIDUAL SESSIONS	130 €
10 SESSIONS*	1200€ (120 €/SESSION)
20 SESSIONS**	2000 € (100 €/SESSION)
30 SESSIONS***	2700 € (90 €/SESSION)

SEMI PRIVATE TRAINING

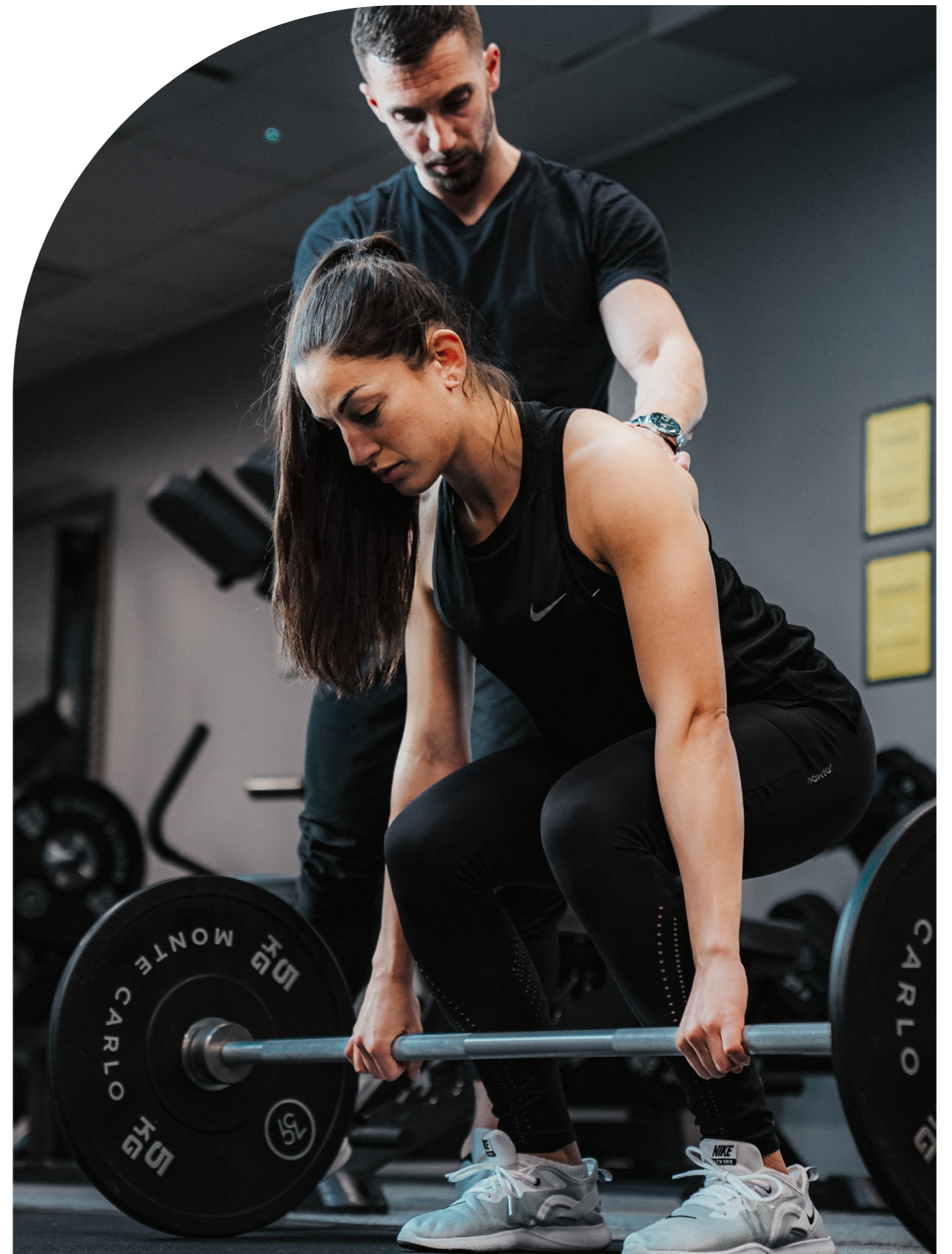
SEMI PRIVATE SESSION	50 €
15 SESSIONS	700 € (50 €/SESSION)

KIDS

1 SESSION	90 €
10 SESSIONS	800 € (80 €/SESSION)

The package must be prepaid

please note following expiry dates: *3 months **6 months ***8 months





REFORMER PILATES TRAINING PACKAGES

MASTER PRIVATE PILATES

INDIVIDUAL SESSIONS	130 €
12 SESSIONS*	1430 €
30 SESSIONS***	3500 €

SEMI PRIVATE PILATES

SEMI PRIVATE SESSION	50 €
15 SESSIONS	700 € (50 €/SESSION)

The package must be prepaid
please note following expiry dates: *3 months **6 months ***8 months

DISCOVER



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39 PERSONAL MASTER TRAINERS



Nevena Masic
HEAD OF PILATES



"There is only one body you have to live in, so take good care of it."

IF YOU ARE LOOKING FOR/TO:

- Improve Posture
- Increase Body Biomechanical Awareness
- Improve Movement Patterns
- Improve Breathing Techniques
- Manage Stress
- Improve Nutrition and Overall Wellbeing



Rudy Guillard
HEAD OF SPORT



"My main motivation is to inspire and educate people to see their own body as an amazing locomotion instrument. I used to be a gymnast member of the French gymnastic team before becoming personal trainer."

SKILLS SET:

- Improve Posture/Mobility
- Hormonal Body Fat Analysis
- Body Posture Analysis
- Female Fat Loss Specialist
- Light Stretch Therapy

39 PERSONAL TRAINERS



Adam Hammoud
PERSONAL TRAINER



IF YOU ARE LOOKING FOR/TO:

- Learning correct exercise selection and technique
- A stronger, healthier and more mobile body
- Step by step guide on how to make continual progress
- Learn the foundation and building blocks of physical training



Benjamin Huet
PERSONAL TRAINER



IF YOU ARE LOOKING FOR/TO:

- Gain muscle mass & strength
- Lose fat
- Improve speed & coordination



Jerry Monier
PERSONAL TRAINER



IF YOU ARE LOOKING FOR/TO:

- Improve your boxing, Thai boxing, Brazilian Jiu Jitsu, wrestling or submission
- Improve flexibility & stretch
- Lose fat

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39 PERSONAL TRAINERS



Mercedes Szikszai
PERSONAL TRAINER
& GROUP CLASS INSTRUCTOR



IF YOU ARE LOOKING FOR/TO:

- Learning how to get stronger
- Burn fat
- Learn functional movement to improve your lifestyle



Mike Lomibao
PERSONAL TRAINER
& GROUP CLASS INSTRUCTOR



IF YOU ARE LOOKING FOR/TO:

- Get In shape
- Gain muscle mass & strength
- Lose fat



Youl Rafosse
PERSONAL TRAINER
& GROUP CLASS INSTRUCTOR



IF YOU ARE LOOKING FOR/TO:

- Knowledge of boxing and self defense
- Physical preparation for any type of sport
- Weight loss and lean body
- Stretching

RENT INDOOR
WORKOUT
SPACES

Whether you need to train with your own coach, at THIRTY·NINE, you'll find the perfect space. Everything you need to enjoy the best experience!

From a heavybag to quality fitness machines. We want you to have everything you need to achieve amazing results.

DISCOVER



*Group
Classes*





GROUP CLASSES

Yoga, Pilates, Ride, Zumba, Boxing, TRX, HIIT, Conditioning Circuits, Barre, and much more at THIRTY·NINE Monte Carlo.

We offer group classes with different types of activities.

Please click on the buttons below to check our group classes & rules:

[SCHEDULE](#)

[RULES](#)



*Dining
Experience*



DINING

The kitchen is the heart of any home, a magnet for friends and family to share meals and enjoy time together.

Our dining room is a place where you can relax with a coffee and newspaper, catch up on work whilst you lunch or meet your friends at the bar.

Members can indulge in the refreshing flavours of our new menu from 39 Dining. Showcasing a variety of brand new dishes that feature only the freshest and best seasonal ingredients. THIRTY·NINE is set to please with mouth-watering breakfast dishes, fresh salads and garnishes and many more.

DISCOVER



Social Experience



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BESPOKE EVENTS

WE ARE HERE TO CREATE THE EVENT
OF YOUR DREAMS

Share this unforgettable experience with loved ones and cherish these memories for a lifetime.

From birthday's, renewal of wedding vows to cocktails amongst friends and much more, our rich variety of outdoor as well as indoor spaces are sure to provide the perfect setting to your celebration.

We also have a special offer for children's events, whether it's a birthday party or activities, **THIRTY·NINE** doesn't forget the little ones.

Tailor-made event service for members and non-members is accessible.

For more information, click the button below:

DISCOVER





MEMBER SOCIAL EVENTS

Discover the incredible community at THIRTY·NINE by becoming a member and enjoying access to special members-only exclusive events. With all our members events, we strive to create a concept that will allow you to learn, socialise, have fun, and most importantly, switch off from daily tasks and truly enjoy the moment.

MONTHLY EVENTS AGENDA

From Yoga Masterclass to Fashion Show as well as Beauty Talk, Wine Tasting, Sportive events broadcasts or partners events and more...our goal is to offer our community a carefully selected social events agenda.

Tuned to the trends, we purpose our members the latest and greatest experiences. In addition, we organise Kids Club activities with creative and educational workshops like cake topping decoration, make-up and photo workshop.

For more information, click the button below:

DISCOVER



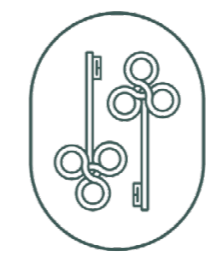
*Our
Network*





OFFICIAL PARTNERS

GIORGIO ARMANI



LA CONCIERGERIE

ONE EAGLE

TRUST
EVENTS

H
HUBLOT



CAVALLERIA TOSCANA



MEDIA & CHARITY PARTNERS

Investor Media •
Monaco

FOUR The logo for 'FOUR' features the word 'FOUR' in a thin, black, sans-serif font. To the right of the word is a circular, olive-green seal with a white lowercase 'f' and a leaf-like design inside.

L'OFFICIEL

The logo for 'PEACE AND SPORT' features a stylized bird or flame icon on the left, colored in a gradient from green at the bottom to blue at the top. To the right of the icon, the words 'PEACE', 'AND', and 'SPORT' are stacked vertically in a bold, blue, sans-serif font.

**PEACE
AND
SPORT**



RECIPROCAL SOCIAL CLUB PARTNERS



LONDON



PARIS



REYKJAVÍK



MUNICH



MUMBAI



SINGAPORE



DUBAI



MELBOURNE



RECIPROCAL SPORT CLUB PARTNERS



PARIS



ST TROPEZ

TATOÏ CLUB

ATHENS

PENTHOUSE
SPORTS

VIENNA



MUMBAI



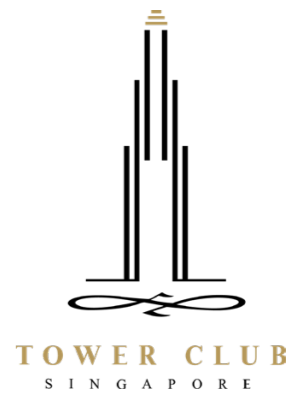
GURUGRAM
& MUMBAI



BANGKOK



BEIRUT



SINGAPORE

VIE

KUWAIT

THE
GYM.

DUBAI



SYDNEY



PARTNER MEMBER BENEFITS



SPECIAL RATES



PREFERENTIAL RATES FOR ALL EXCLUSIVE HOTELS OF THE SBM GROUP



5% DISCOUNT



SPECIAL RATES



5% DISCOUNT



THE WEDDING CLUB OFFERS A 10% DISCOUNT ON THE EVENT FEE



ENJOY SPECIAL EXPERIENCES DURING YOUR STAY

PARTNER MEMBER BENEFITS



GIFTED CUSTOM SHIRT WITH ANY PURCHASE OF A SUIT



15% DISCOUNT IN ASICS MONACO & ASICS CAP 3000 SHOPS FOR 39 MEMBERS



ACCESS TO THE MY LUXURY WALLET OFFERING MANY BENEFITS DURING YOUR SHOPPING EXPERIENCE.



10% DISCOUNT



THE CARSAFE
MONACO-BASED CAR STORAGE

SPECIAL RATES



SPECIAL RATES



SPECIAL RATES



MAISON LINO OFFERS PREFERENTIAL RATES ON SELECTED MEAT CUTS



INSTALLATION & MAINTENANCE: PLUMBING - SANITARY & HVAC. DETECTION OF PIPES WITHOUT BREAKAGE



EXCLUSIVE ACCESS TO A THE CIRCLE PRIVATE MEMBERS' LUNCH FOUNDED BY LUXURY MARKETING HOUSE



ACCESS TO EXCLUSIVE OUTDOOR EXPERIENCES



WELCOME TO THIRTY NINE MONTE CARLO

If interested for applying later, book a visit or
further information on becoming a member:

[CLICK HERE](#)





Membership Contact

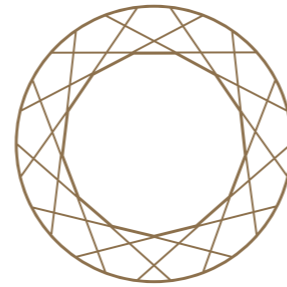
membership@39montecarlo.com

+377 93 25 39 39

www.39montecarlo.com

DISCOVER, MEET & SHARE AT THIRTY·NINE





T H I R T Y • N I N E
P R I V A T E M E M B E R S C L U B

OPENING HOURS

Monday to Friday

07:00 - 22:00

Weekends & Public

Holidays

09:00 - 19:00

