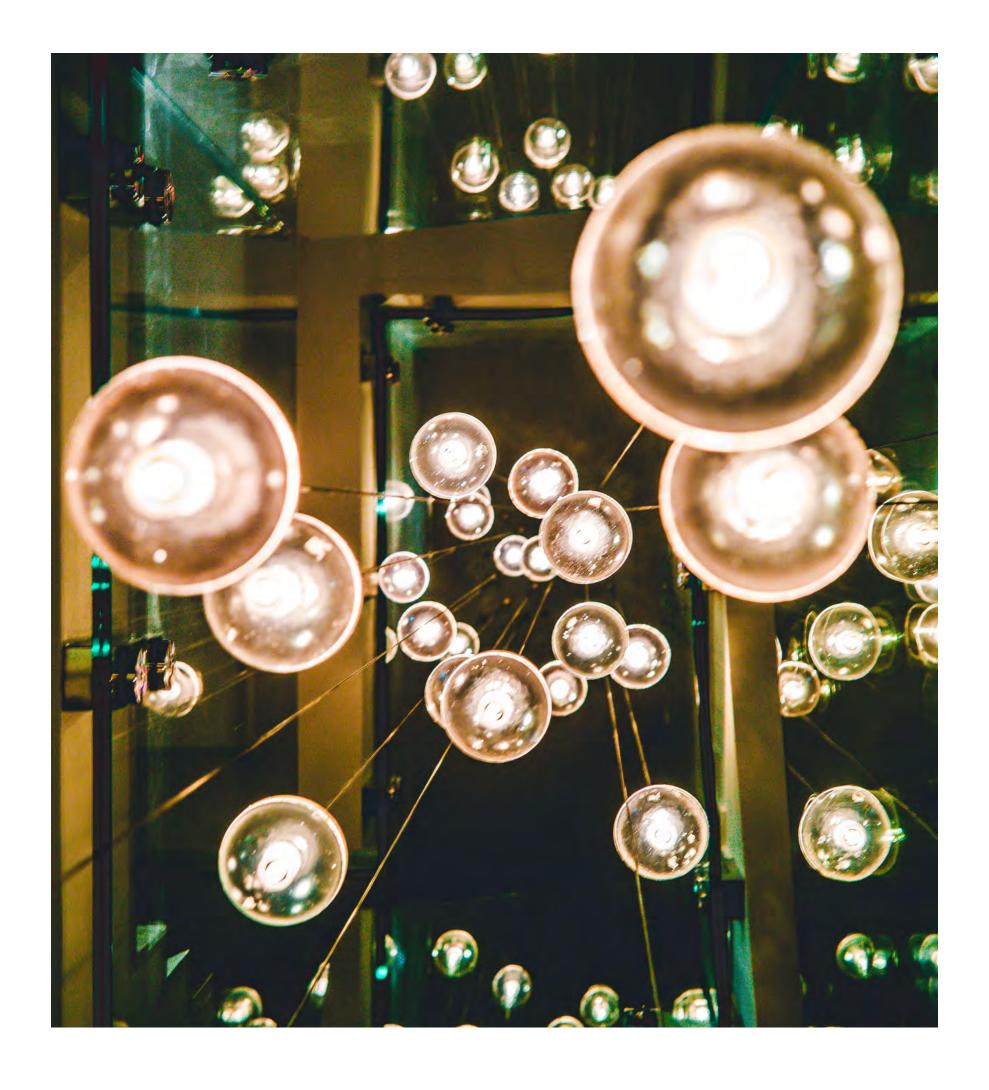




Rooms Rental





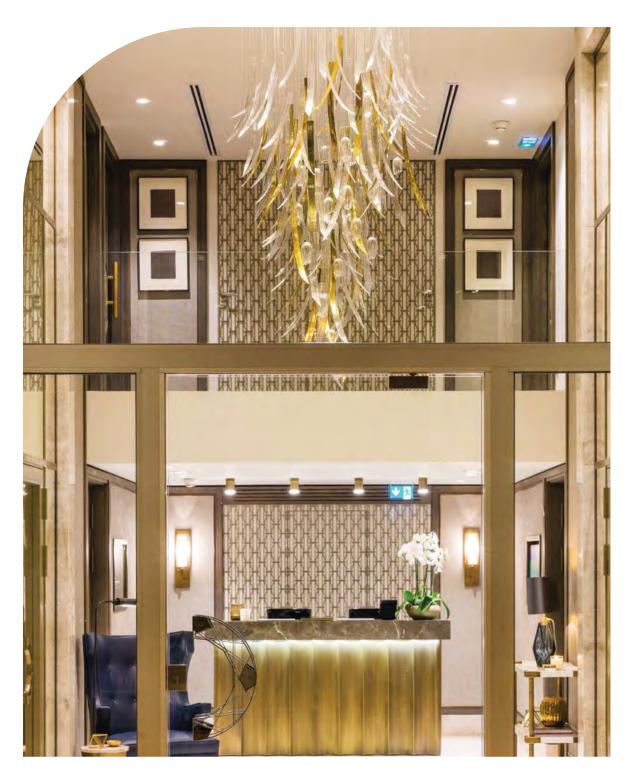
CONTENT

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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.

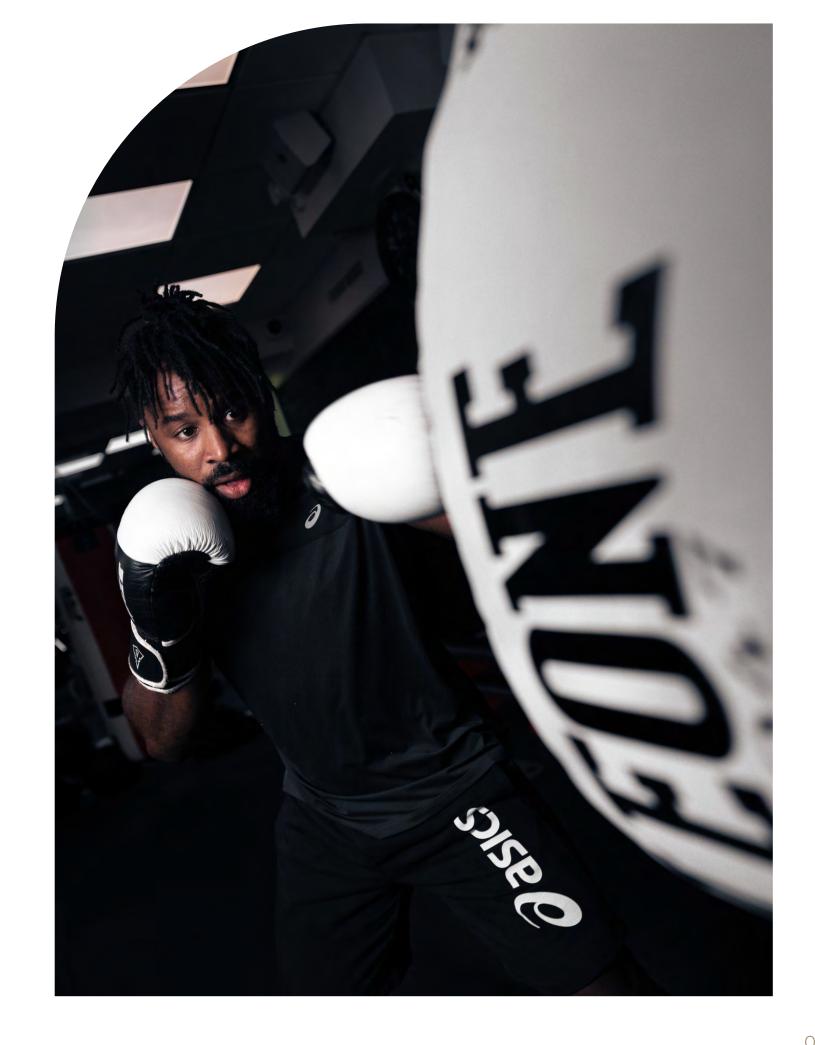


RENT INDOOR WORKOUT SPACES

Whether you need to train clients, workout, or record something, at THIRTY-NINE, you'll find the perfect space.

Everything you need to give your clients the best experience.

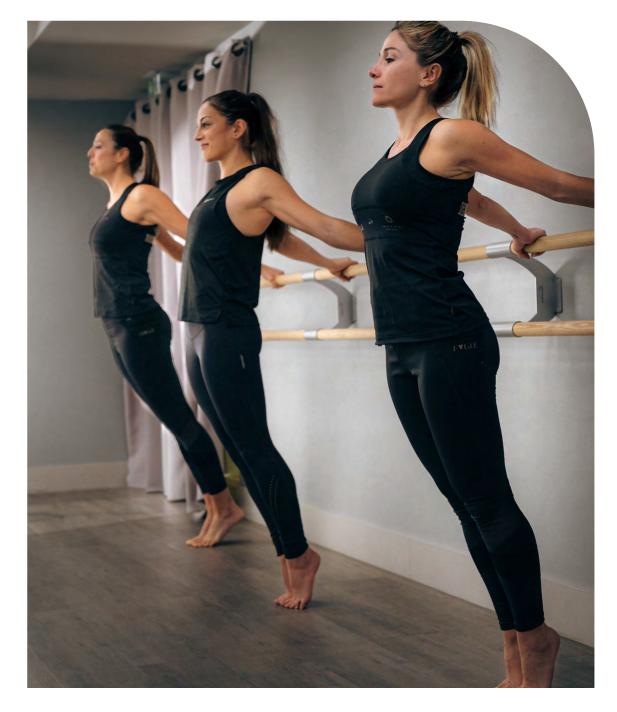
From a heavybag to quality fitness machines. We want you to have everything you need to help your clients achieve amazing results.



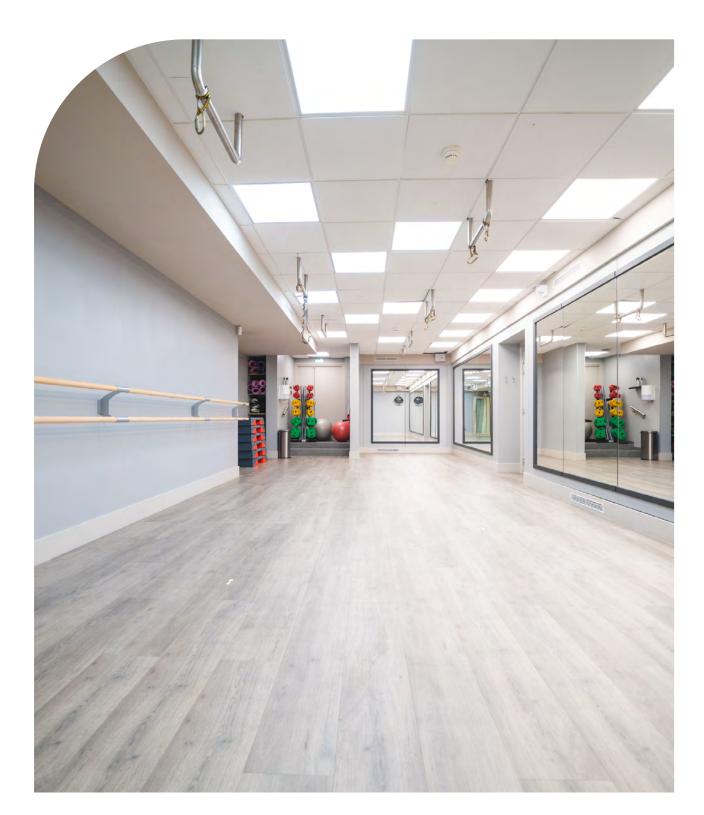




MULTIFUNCTION ROOM



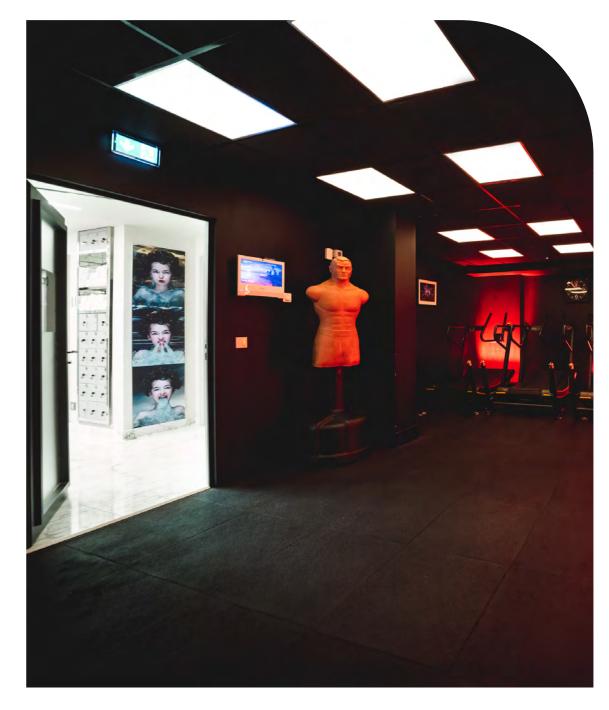
The Multifunction room (46,9m2) was designed to become the ultimate training space for one-on-one, semi-private, and specialty group training classes.



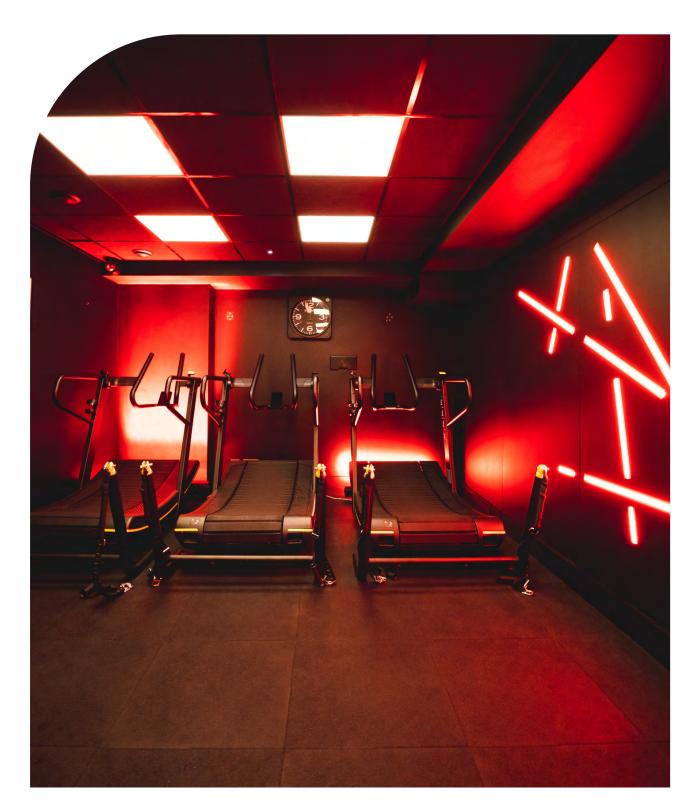
With a maximum capacity of 8 guests, the room is well equipped with bars, mirrors, AC, lights & sound system.

Best uses: small to medium classes, semi & private lessons.

RED ROOM



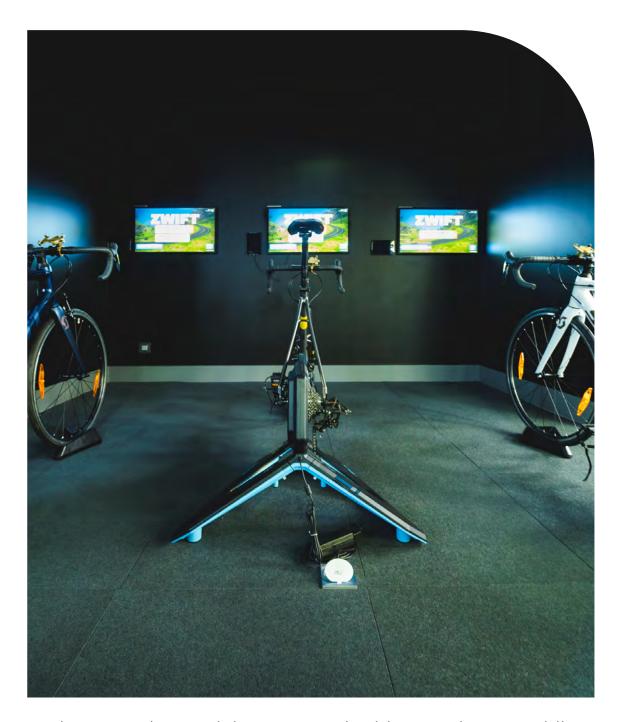
Red Room (24,2m2) is a space offering the equipment for High Intensity Interval Training (HIIT) activities. The treadmills and a simulator of altitide that reaches up to 5000m above sea level.



With a maximum capacity of 6 guests, the room is well equipped with AC, lights & sound system.

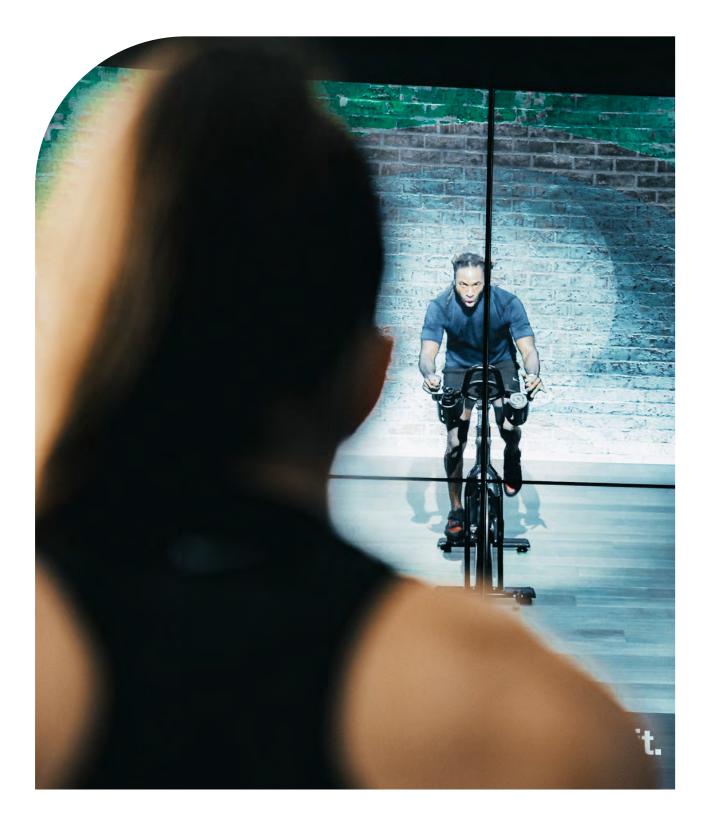
Best uses: small classes, semi & private lessons.

CYCLE ROOM



Cycle Room (29,7m2) is composed with 9 Technogym bikes, and also 3 professionals, to guaranteed a fun, high intensity cardiovascular workout.

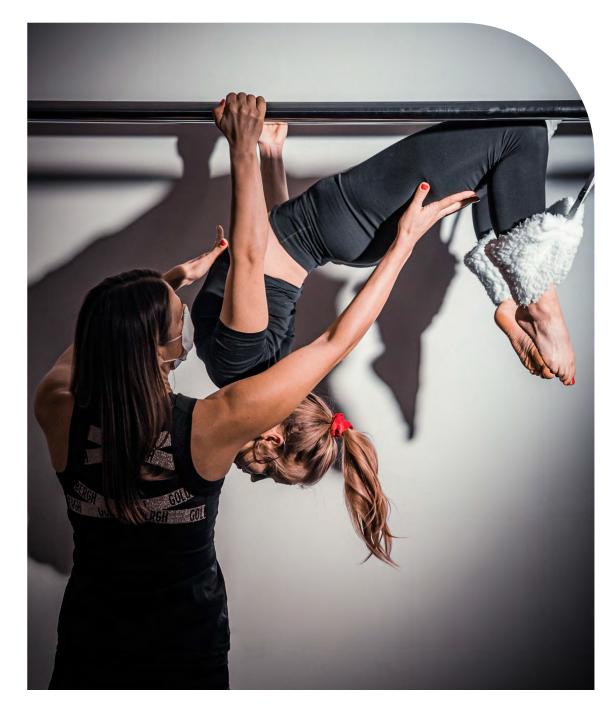
Each bicycle records users indivudal workout to their personal *MyWellness* app accounts for increased motivation.



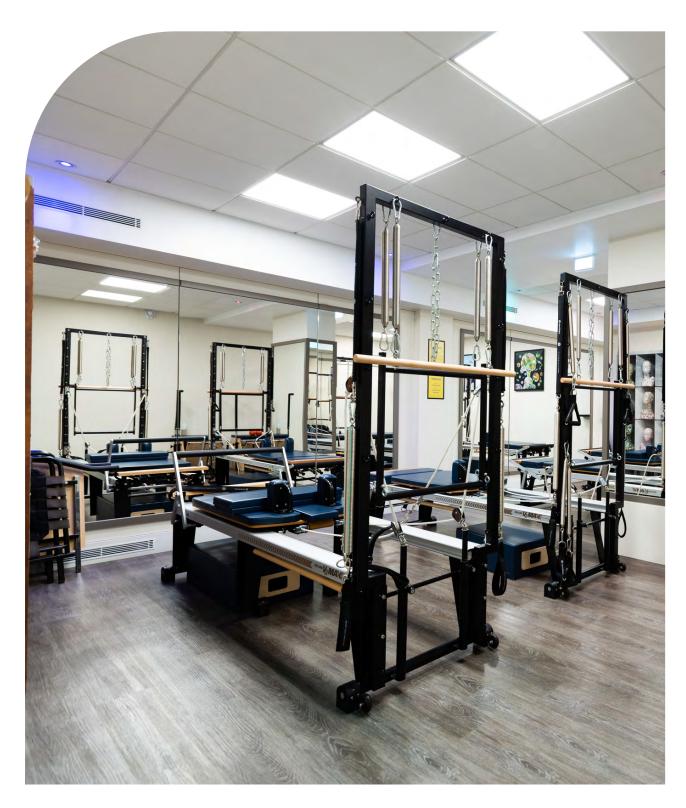
The room is well equipped with a complete sound system, strobe lighting, a virtual spinning ressource and video wall.

In addition, the cycle room has also integrated the *Zwift System*: an online cycling game and training program that enables users to ride, train and compete in a virtual world.

REFORMER PILATES



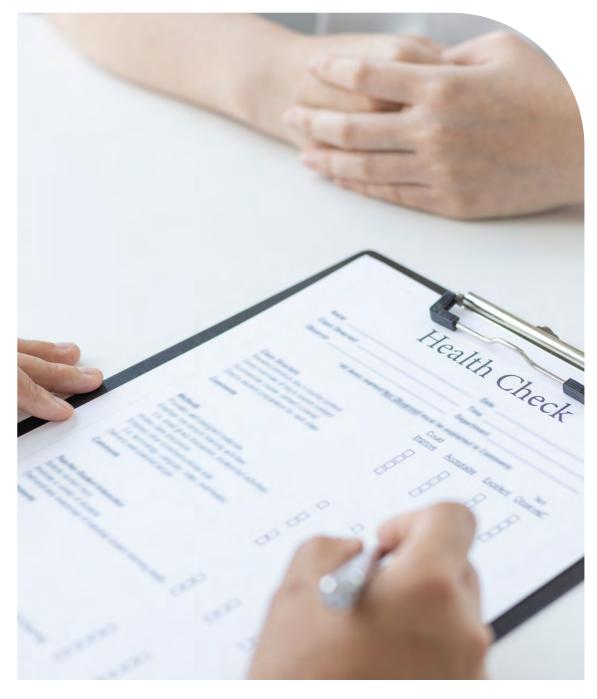
To enhance your Pilates practice we offer specially designed Pilates Reformer Room (42,1m2) for rent.



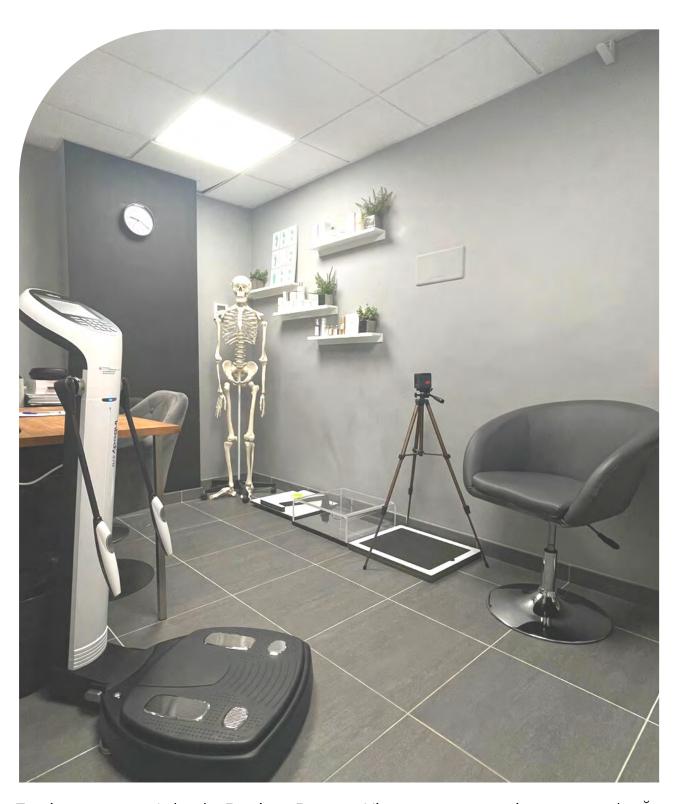
Enjoy the privacy of our pilates studio equipped with reformers, cadillac, towers and other small materials. Sound & Lights System as well as AC.

Best uses: small classes, semi & private lessons.

CONSULTATION ROOM



Our consultation (10,8m2) and assessment (2,7m2) rooms are both designed and well equipped to host professionals of health & wellness in a private appointment with their clients.



Equipments as Inbody Device, PostureKit, computer, printer are alsoĂ accessible for use as well as MyWelness System.

Best Uses: Private appointments, videoconferences & consultations.



RENTAL RATES

GYM RENTAL RATES FOR PRIVATE TRAINING

***YEAR UNLIMITED**

3000€

*The Gym Rental granted access to the gym only for the coach and his client during the private session. Access to **Sport Floor** shall not be transferred by the User to any third party.

Trainings are in the main area of the gym. No possibility to privatise rooms without previous reservation at sinara.sampaio@39montecarlo.com.

ROOMS RENTAL RATES*	Non-Members	Members
60 MIN	150€	100€
90 MIN	200€	150€
120 MIN	250€	200€
HALF-DAY (4h)	500€	350€
DAY USE (8h)	1000€	650€
Changing room access to max 8 p	eople 100€	

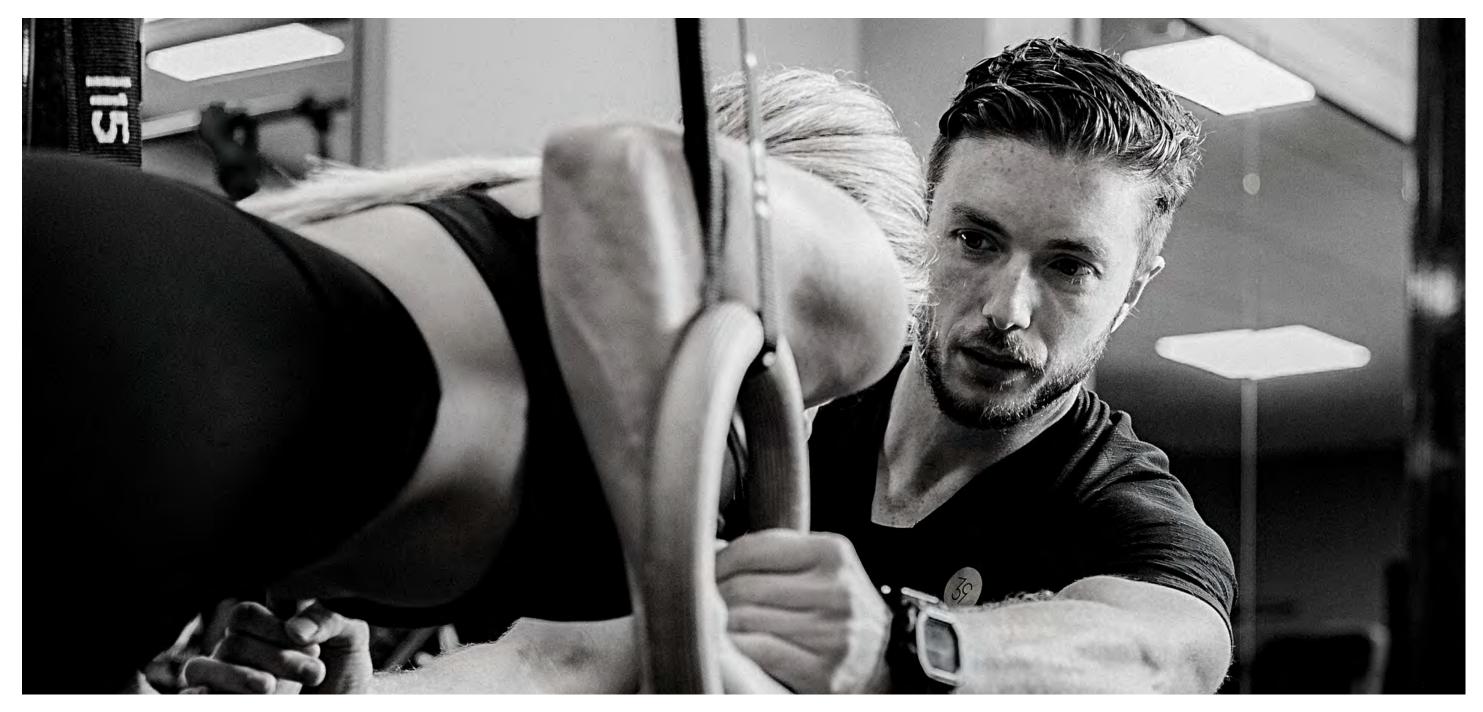
^{*}Multifunction Room / Red Room / Cycle Room / Consultation Room

RENTAL POLICY

Cancellation of rooms rentals, within 24 hours of the original time, will be charged at the full rate.

Any *alterations of reservations*, will be subject to availability and if made within 24 hours of the original session, may still result in a cancellation and therefore charged at full rate.





Rooms Rental Contact

sinara.sampaio@39montecarlo.com +377 93 25 39 39 www.39montecarlo.com

BORN FROM SPORT



OPENING HOURS

Monday to Friday 07:00 - 22:00

Weekends & Public Holidays 09:00-19:00