

# APEX 2100





## THE ACADEMY

Apex2100 is a world class sports facility based in Tignes, France at 2100m. It is a premier destination for professional athletes, teams, & corporate retreats.

Combining world leading training and rehabilitation facilities (including hydrotherapy, cryotherapy, medical diagnostics, training studios & other specialist equipment) together with residential accommodation, learning and performance areas.

Located in Tignes, France, the academy is based in a high-altitude resort in the heart of the Alps.

Attached to the academy is 4\* hotel. A place to pursue passions, recover and rejuvenate in alpine luxury - with 72 rooms, spa and restaurant facilities.

Apex2100 is a private facility which you can have exclusive access to for the duration of your stay.

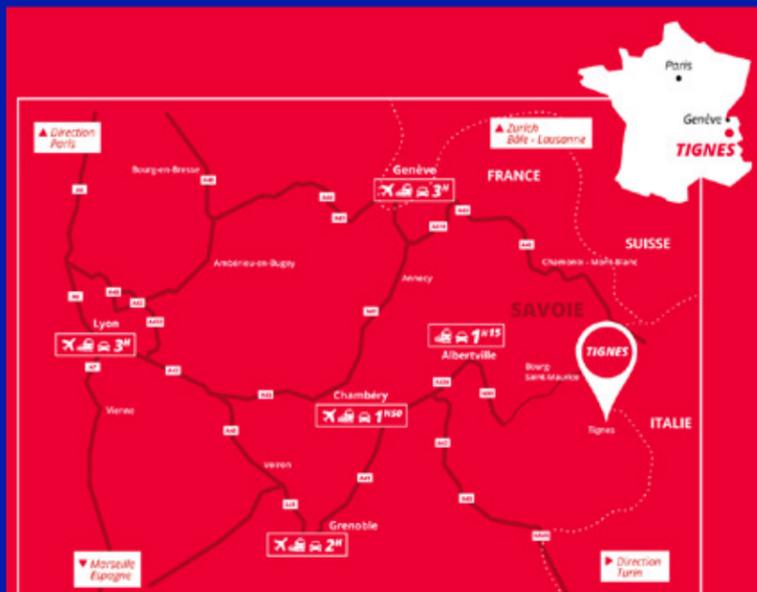
# TIGNES

Tignes is a multisports hub that offers summer skiing, an 18 hole golf course, 160km of mountain bike trails, 400km of marked hiking paths and much more.

TigneSpace: An indoor sports and conference centre with a 3500m<sup>2</sup> dedicated multisport sports zone and 1500m<sup>2</sup> of space for corporate events.

Le Lagon: A water park with 25m pool, jacuzzis, saunas, steam room, weight room and fitness classes.

Professional Sports Pitches: A 105 × 65m natural approved pitch and a 70 × 50m synthetic pitch with 'Challenge Pro 60 monofilament at 210 microns'.





## “Performance Reimagined”

Apex2100 is the culmination of extensive research into the best sports facilities in the world my experience working with high-performing teams and individuals over the last 30 years. This is a world-class sport and education facility, the perfect altitude training base, high-tech learning centre or business event location.



Sir Clive Woodward  
Director of Sport

## PACKAGES

Team training programs at the Apex Academy are designed to help teams and individuals at the top of their game reach their goals faster.

We can help you develop your training programme with bespoke training sessions from our world leading experts and coaches and performance specialists both on and off the slopes.

Our Perform Programme consists of 8 areas which our Director of Sport Sir Clive Woodward has identified as the building blocks for success across any sport and are delivered by world leading experts who coach and train international teams and athletes.



## ACADEMY

- Academy Use
- Accommodation
- Dining

## TRAIN

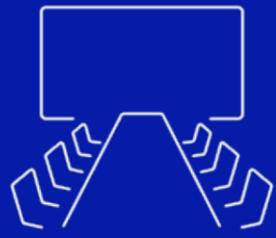
- Academy Use
- Accommodation
- Ski Coaching Sessions with Apex Coaches
- Dining
- Transfers and Logistics
- Dining

## PERFORM

- Academy Use
- Accommodation
- Performance Sessions delivered by Apex Performance Experts
- Transfers and Logistics
- Dining



# FACILITIES



14 Meeting Rooms



54 Bedrooms



1 E-Library



400m<sup>2</sup> Gym Area



1 Work Cafe



1 Hydrotherapy



3 Team Rooms



50 Car Park Spaces





## ACCOMMODATION

144 Total Capacity

38 Twin Bedrooms (26-28m<sup>2</sup>)

12 Triple Bedrooms (26 - 33m<sup>2</sup>)

4 Eight Person Rooms (52 - 55m<sup>2</sup>)

En-suite shower rooms

Sound insulated

1gb/s Internet

# GYM

170m<sup>2</sup> Floor Area

All equipment supplied by TechnoGym

3 Olympic Racks

8 Skill Line Bikes

Tread Mill

Cable System

Linear Leg Press

Pro-Med Leg Press

Leg Extension

Leg Curl

Glute-Ham Machine

Oblique Machine

Free-weights Zone

Dumbbells and Kettlebells

3 4K TV Screens





# PERFORMANCE CENTRE

215m<sup>2</sup> Floor Area

Multi Purpose Space

12 Connected Group Spinning Bikes

3 Skill Line Rowers

2 Slacklines

Parkour Equipment

Pull Up-Bars

Punch Bag

20m Bleep Test Compatible

3 4K TV Screens

# MOVEMENT STUDIO

76m<sup>2</sup> Floor Area  
Multi Purpose Space  
Yoga / Pilates / Barre  
1 4K TV Screen





## PHYSIO

21m<sup>2</sup> Consultation & Treatment Room

10m<sup>2</sup> Treatment Room

Purpose Built Rooms

Electric Physio Beds

# HYDROTHERAPY

Athlete Recovery Centre

100m<sup>2</sup> Floor Area

1 Hot Pool

1 Cold Pool

Changing Rooms





## DINNING AREA

108m<sup>2</sup> Floor Area

75 seats

Dedicated Nutrition Team to meet your specific requirements.

# AUDITORIUM

Conference & Meeting Space

108m<sup>2</sup> Floor Area

100 Person Capacity

5m Screen

4K Projector

Apple + Android TV





## MEETING ROOMS

- 14 meeting rooms
- 25 - 68m<sup>2</sup> Floor Area
- 5 - 30 Person Rooms
- 4K TV Screens
- Apple + Android TV
- 1gb/s Internet
- Write-on Tables

# OPS ROOM

50m<sup>2</sup> Floor Area

4K TV Screen

Apple + Android TV

Operations & Planning Space

21 RF-ID Lockers





## TEAM ROOM 1

35m<sup>2</sup> Floor Area

4K TV Screens

Apple + Android TV

Table Football

## TEAM ROOM 2

128m<sup>2</sup> Floor Area

4K TV Screens

Apple + Android TV

Teambuilding Space

2 Pool Tables

165 RF-ID Lockers





## TEAM ROOM 3

54m<sup>2</sup> Floor Area

4K TV Screen

Apple + Android TV

Teambuilding & Meeting Space

Refreshments area



