

CZUB7

Off Everything Else

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# From Clube VII to Club 7

We move to embrace the name most commonly associated with the club. This is the name most members and friends use to refer to the club.

English becomes our primary language for global communication, as it lends inclusivity and approachability. A common ground for all.

The transition from VII to 7 symbolizes a sleek and universally appealing transformation. We take pride in our heritage, and we are eager for what's to come.

#club7

# CZUB 7

## Off Everything Else



# 25 years young A new set arrives

We opened our doors as a tennis club in 1997. 25 glorious years later, standing as the heritage sports, rackets, and wellness resort in the heart of lisbon, we turn the page - and grow further. An inspiring place where you can relax, energize and breathe in. Welcome to club 7.

# A driving purpose

Club 7 is more than just a space; it's a sanctuary crafted to inspire our members to evade the stress and daily concerns, immersing in what they love most. Challenge, competition, sports, relaxation, fitness. It all contributes to an experience that indulges senses and offers the perfect escape.

Nestled in nature's embrace, our clubs offer a tranquil haven where members can dedicate themselves to health and wellness, free from distractions.

A vibrant social hub where people can unwind, connect, and simply relish in the moment—a place to disconnect from the outside world and focus on the simple pleasures that truly matter.



# What we stand for



# A sense of belonging

Feel welcomed to the place that allows you to truly disconnect from the outside world and live your best moment. Experience an activity you love, surrounded by like-minded people in a close and rooted community.



# A place to connect to all that you love

Complete padel and tennis services, fun and engaging group classes, top fitness equipment, innovative personal training solutions, crossfit box, nutrition sessions, healthy and delicious meals, kids club, exclusive events, tournaments and competitions, indulging spa services, lounging, net-working and so much more of what members love.



# Indulge and escape

In our fast-paced world, carving out moments of 'own-time' isn't a luxury but a necessity. Recharge body and spirit, rediscover your inner strength and balance, live your moment.

A NEW EXPERIENCE IS BORN

# Feeling the moment

Complete padel and tennis services, fun and engaging group classes, top fitness equipment, innovative personal training solutions, crossfit box, nutrition sessions, healthy and delicious meals, kids club, exclusive events, tournaments and competitions, indulging spa services, lounging, net-working and so much more of what members love.



# Padel

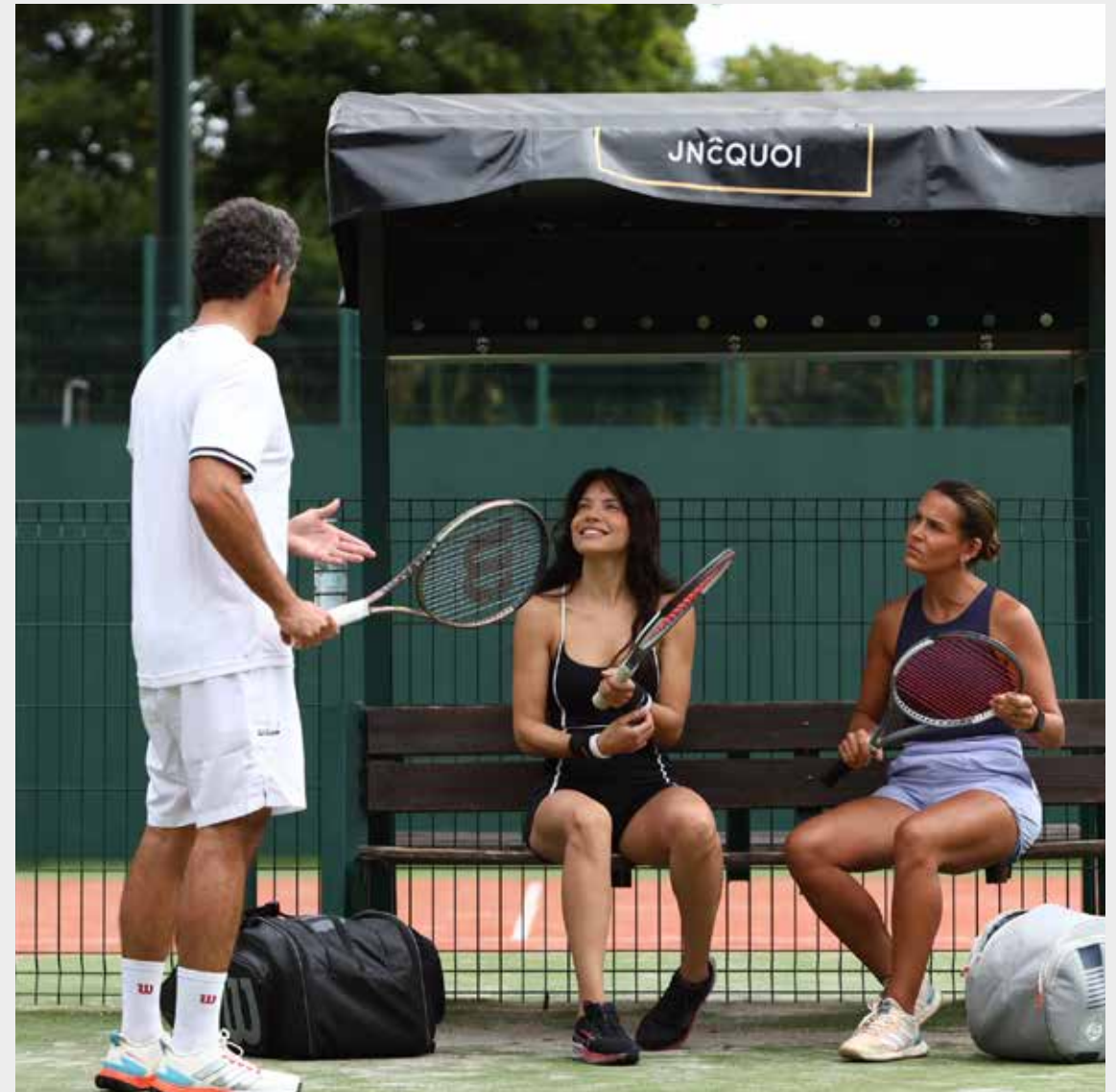
Where fun meets fitness on the court. Professional personal training solutions, one-on-one classes and comprehensive training programs in indoor and outdoor courts. Select the plan that suits you best. Game. Set. Match.





# Tennis

Find a promise of victory at every swing. Professional personal training solutions, one-on-one classes and comprehensive training programs in top-notch courts. Come experience the true spirit of Tennis.



# Training, Naturally Personal

PT solutions tailored to the nature of your goals and preferences.  
Enjoy the unique feeling of guided training.



## Club 7 Gym and fitness

Top-notch equipment in optimally designed training areas, including conditioning, cardio, weights, and functional.

Elevate your fitness level. Explore our premium training zones, equipped with everything you need for an effective and challenging workout to increase mobility, flexibility, endurance and strength.



## Group Classes

Supercharge your fitness and wellness experience with the energy of our signature group classes, where motivation becomes a shared experience.





# Pool

Dive into your moment. Our pools offer the perfect sanctuary for retreat and rejuvenation. Whether you seek the thrill of water classes or a serene moment of well-being through therapies, lessons, personal training, or free swimming, we've got it all.



# Crossfit Box

The ultimate exercise box for strength, conditioning and mobility. A state-of-the-art facility, featuring the latest equipment and machine trends alongside all-time favorites. Reach your goals, surpass your limits.



# Wellness & SPA

Your resort to reset.  
Where the most innovative and the classical beauty and wellness services converge. Offering therapies, treatments, and massages in a luxurious and indulgent setting.



# Clubinho

Babysitting, after-school center, vacation camps: all things sports, games, and year-round excitement and fun for kids aged 4 to 13.





**Your resort  
to reset.**

# Savor the day

Discover our newly renovated cafeteria, where you can enjoy nutritious & delicious meals and snacks. Network, co-work, lounge, and relish the scenic views of the park and courts.

# Feel welcomed to the community

In sports, the true power lies not just in the strength of the individual, but in the unbreakable bonds of the community.

A community that makes each one of its members become greater, train better, have more fun, compete, cooperate, grow.

This is the supportive and welcoming experience we wish all our members can enjoy at Club 7 clubs.



# Live the experience

Choose your ideal Club 7 venue and connect to the experience of disconnecting.

# Chose your ideal Club 7 Venue

## Club 7 Park

📍 Parque Eduardo VII - Lisboa

Tennis

Padel

Fitness

Personal Training

CrossFit

Pool

SPA

Kids Club

Your exclusive country-club in the heart of the city. The original experience with premium service and facilities.



## Club 7 Belas Clube de Campo

📍 Belas Clube de Campo - Sintra

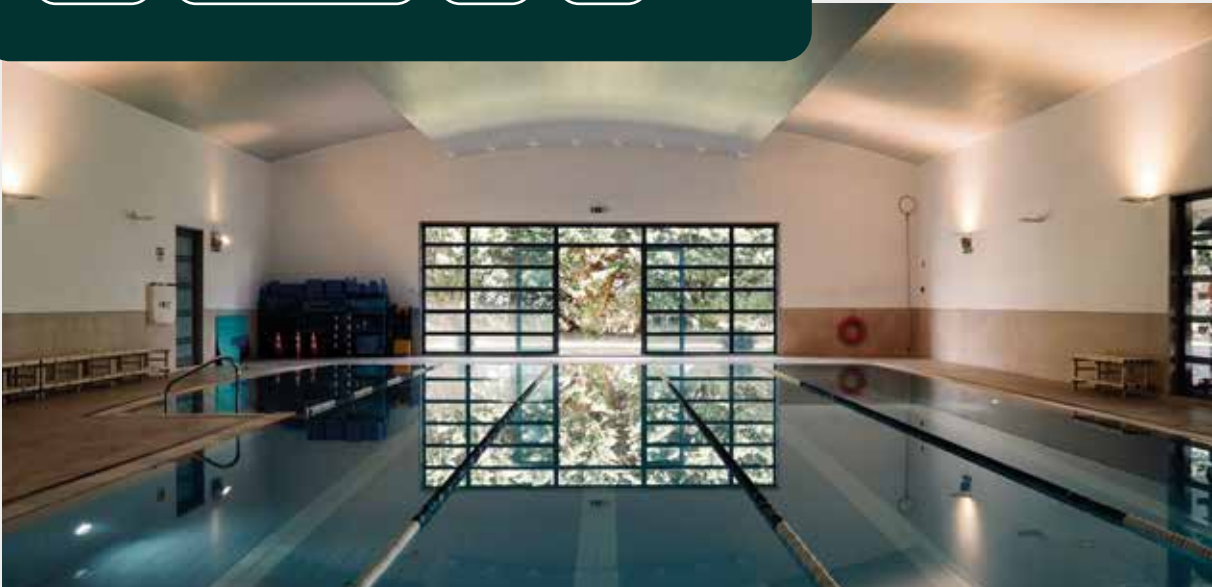
Fitness

Personal Training

Pool

SPA

Your resort in an exclusive venue, surrounded by nature, just a heartbeat away from the center of Lisbon.



Off Everything Else

[WWW.CLUB7.PT](http://WWW.CLUB7.PT)