

FLEX

A flexible office solution

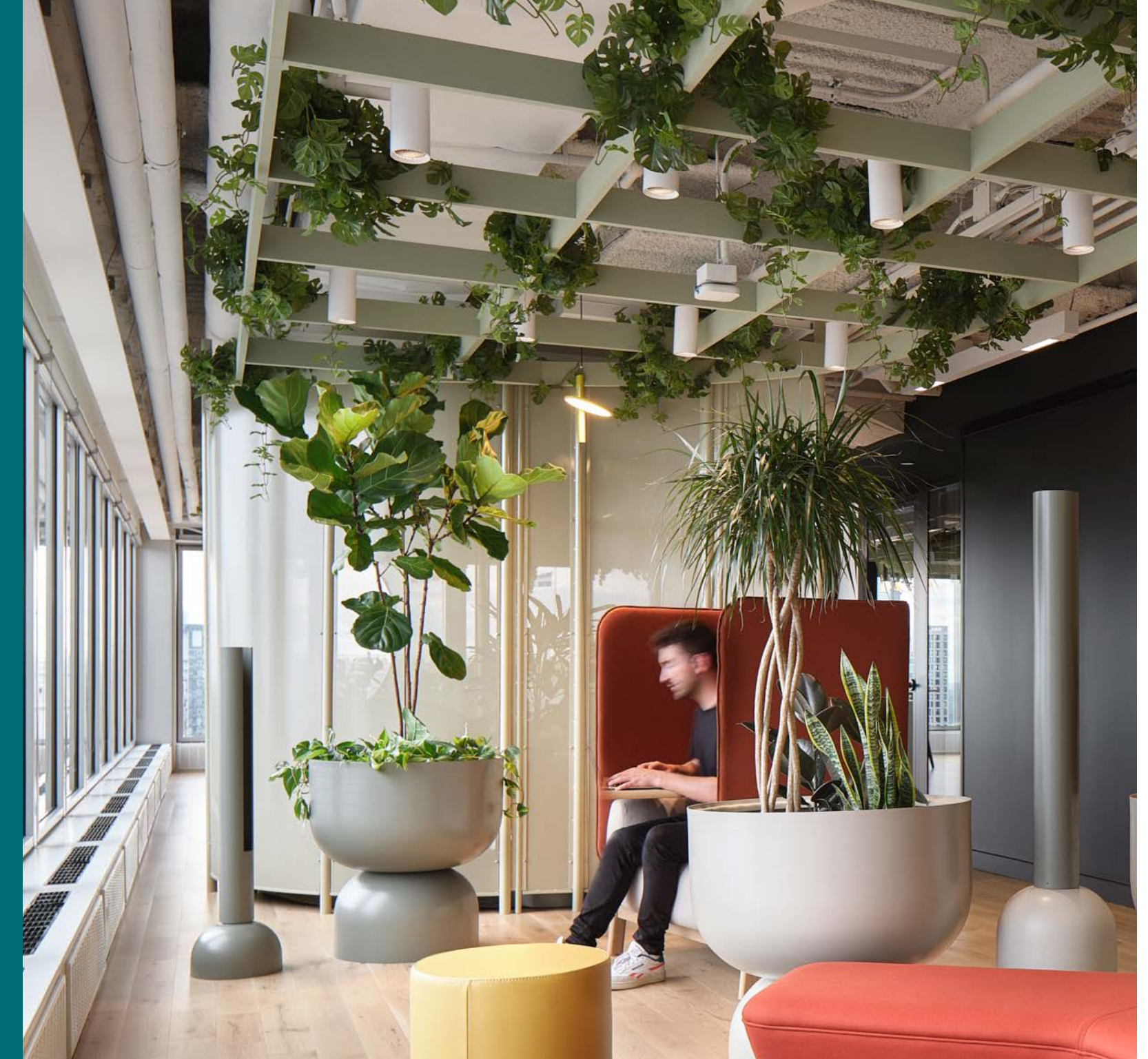
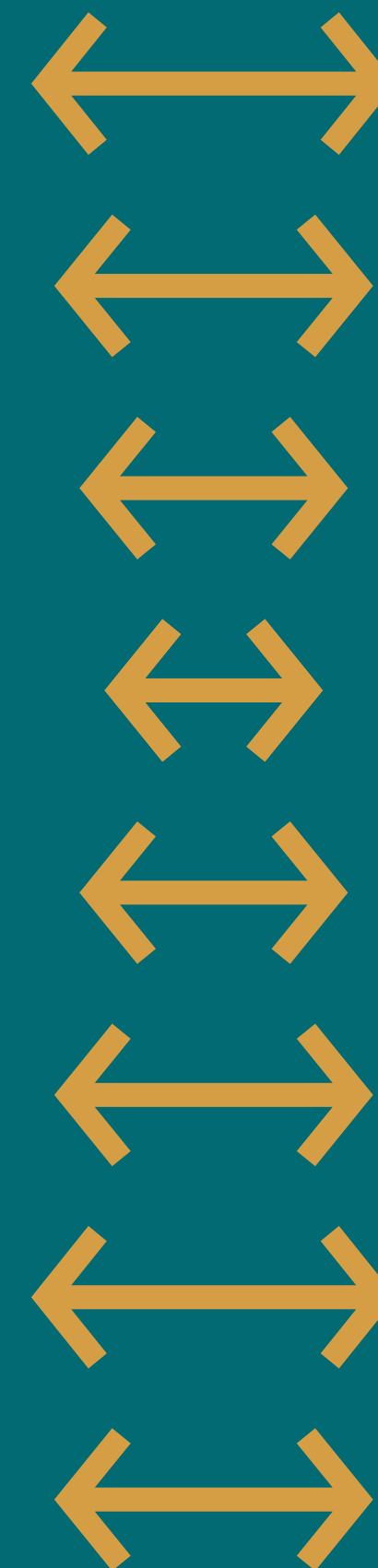
Located on the 29th floor of 1 PVM, the FLEX is open Monday to Friday from 8:30 a.m. to 5 p.m.



Room Reservation

Whether it's for holding an impromptu meeting with colleagues, providing training for your team, or welcoming a business partner in a friendly space, FLEX offers:

- A **lounge and a reception desk** with coffee and hot beverages
- **On-site staff** during business hours to support you when planning your reservation;
- **Flexible rooms** that can be reserved by the hour, day, week and month;
- **Neutral settings** that provide a private environment;
- **Innovative technologies** that meet the evolving needs of in-person and hybrid meetings;
- **Lockers** to store your personal belongings in a safe place.

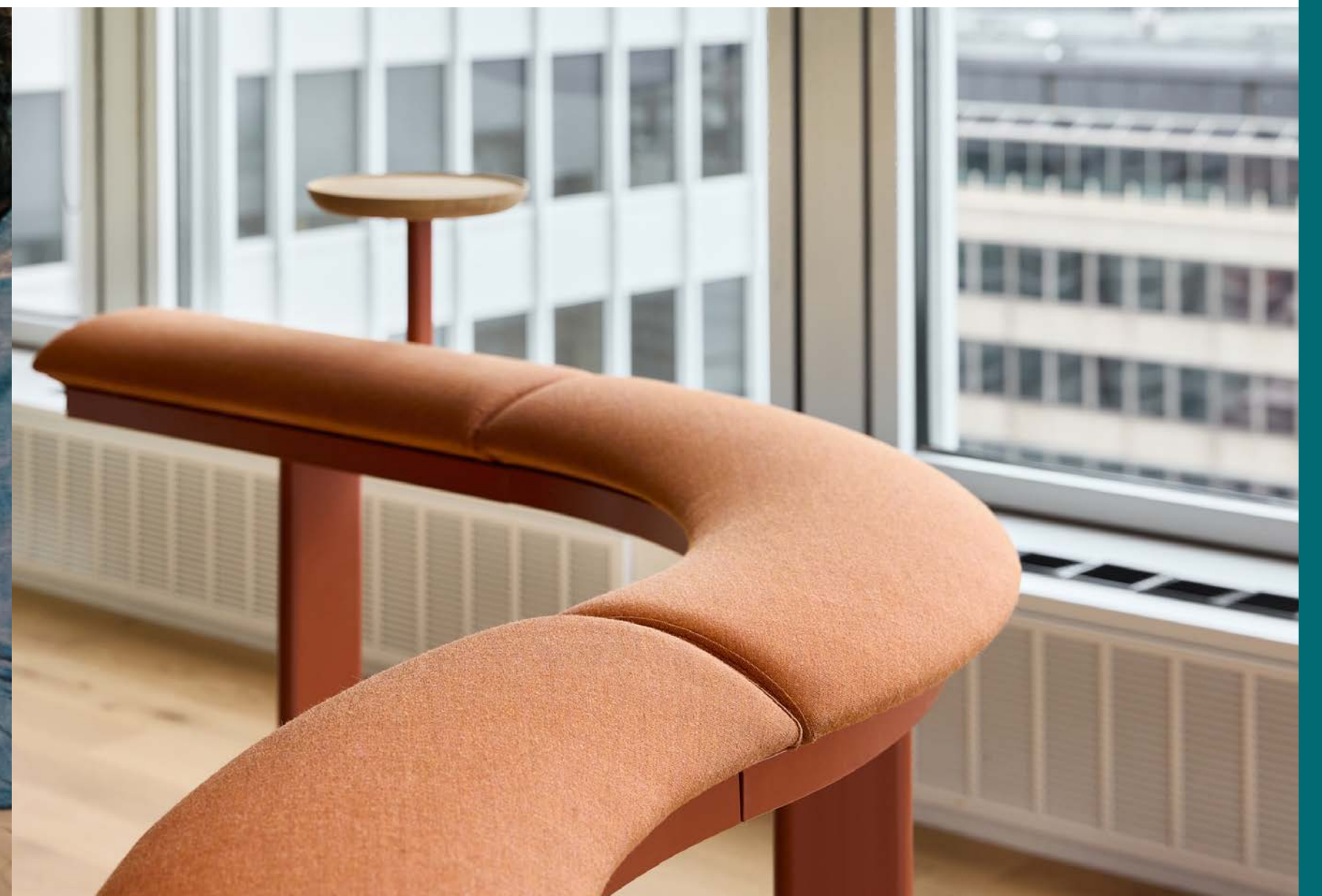


Space for every need

The FLEX provides a variety of flexible and modular meeting spaces for up to 50 people, co-working rooms, individual workstations, relaxation areas and casual spaces for collaboration; all in a welcoming environment that promotes user comfort and well-being.



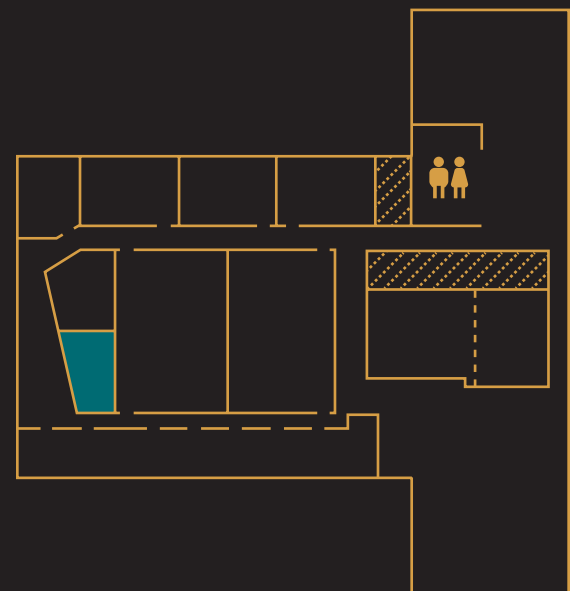
All conference rooms are equipped with a **videoconferencing system** and all FLEX spaces are surrounded by **biophilia**.



Idéa

This intimate and colourful meeting room allows for confidential meetings thanks to features such as acoustic panels on the ceiling.

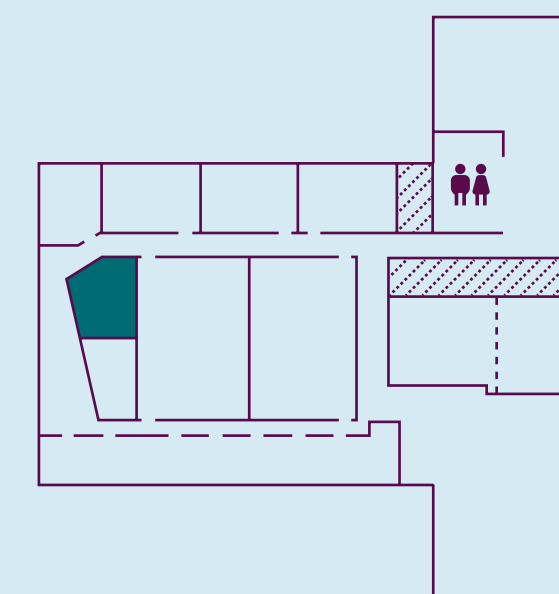
 6 people



Néo

The informal layout of this room, with its lack of a central table and its chairs with built-in desks is conducive to collaboration and discussion.

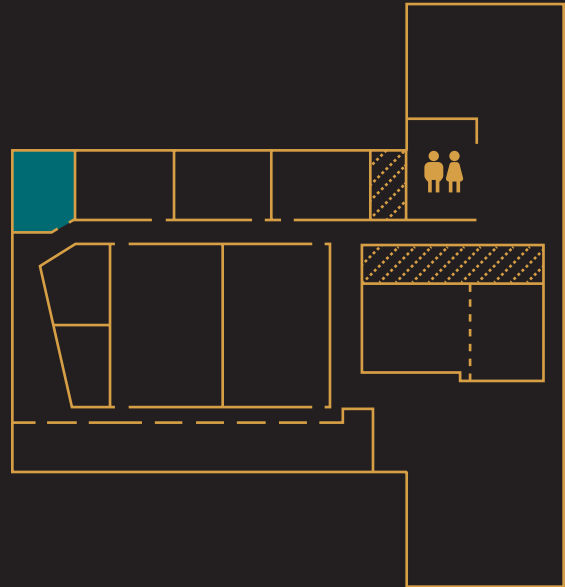
 9 people



Pano

Enjoy a breathtaking view of Mount Royal in this inspiring and bright space.

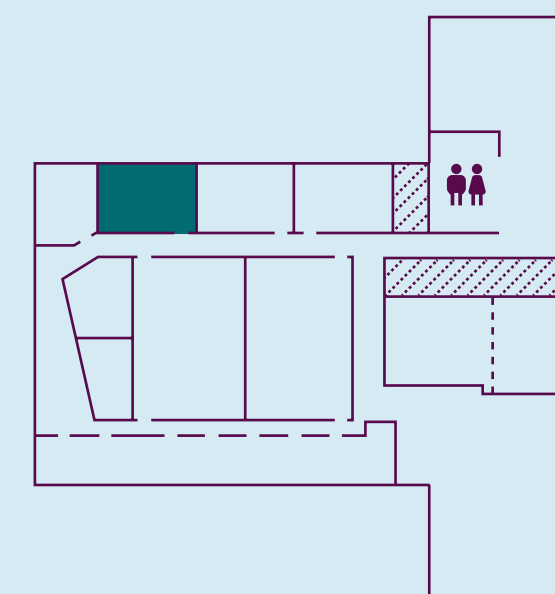
 8 people



Genèse

This vibrant and energizing space is perfect for brainstorming sessions thanks to its modular layout and its muffled acoustics.

 14 people

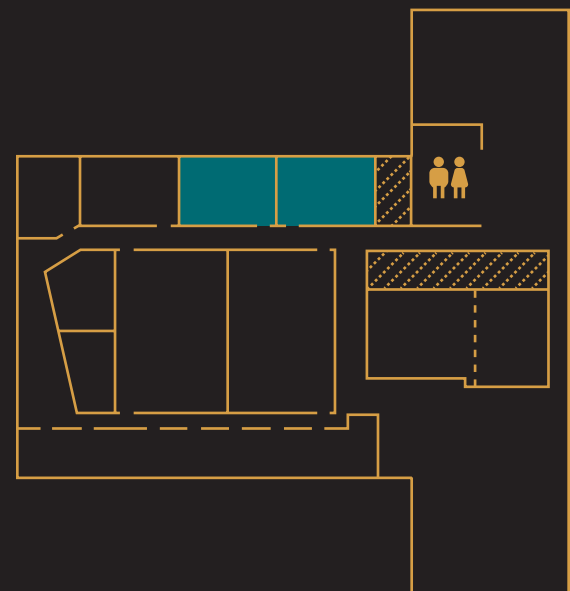


Méta ↔ Lab

Both of these light-filled rooms have nine individual workstations that can be used as a natural extension to your existing desks.

The Méta and Lab rooms can be combined to accommodate a larger team (up to a maximum capacity of 18 people)

 9 people per room

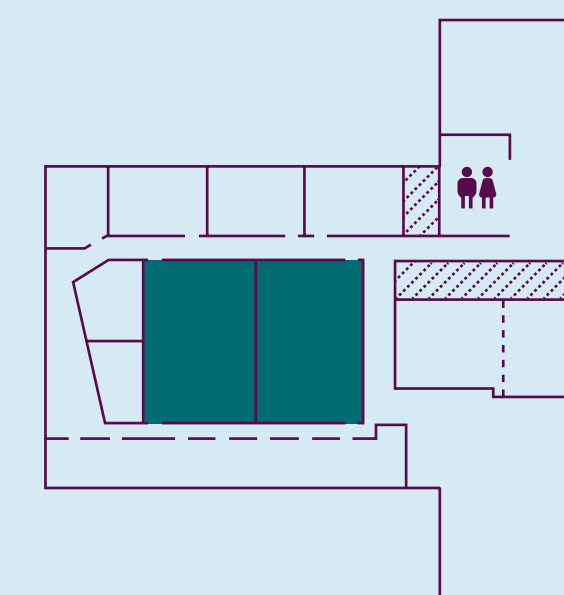


Syncro ↔ Cité

This room can accommodate a large group for a hybrid experience whether it's for a conference, training session or meeting. The *Teams* application is available in both rooms.

Please note that the Syncro and Cité rooms can be combined to accommodate a maximum capacity of 50 people. Please contact the FLEX team to find out about the different possible arrangements for these rooms.

 25 people per room



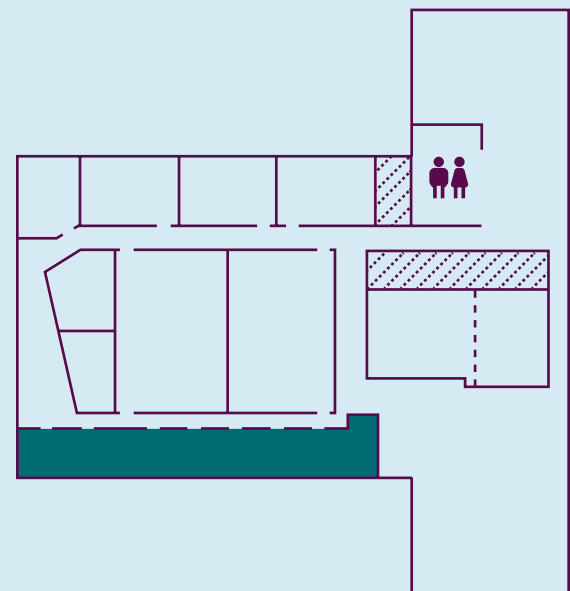
Jardin Inspira

This space is centered on human connection and encounters, providing relaxing and casual areas for collaboration.

Jardin Inspira is an ideal place for the PVM community to recharge.

NEW!

Jardin Inspira can now be reserved in combination with SyncroCité to host your corporate events and conferences.



Reception

Are you looking to organize a gathering event such as a happy hour with your colleagues or partners? The FLEX reception area is the perfect place!

Creative and Interactive Living Area

The original artwork “In Situ” by artist Oliver Charland brings the welcome area to life. This interactive piece, composed of several boxes and shapes, gives users the ability to create the mural of their choice. The numerous combinations of visuals allow for the creation of various atmospheres.



Pricing

This pricing grid is based solely on reservations during operating hours.

Please contact the FLEX team for specific requests.



Are you a tenant at PVM? Please contact the FLEX team to benefit from preferential rates.

Cancellation Policy

To cancel a reservation, please contact the FLEX team at flex@canderel.com. Cancellation requests received with more than three working days' notice will be fully refunded. Please note that cancellation requests received within 3 working days or less prior to your reservation will not be refunded.

Rates

Day 2026			
Room	Hourly Rate	Half-Day Rate	Daily Rate
Genèse	\$165.00	\$460.00	\$920.00
Syncro	\$395.00	\$1,100.00	\$2,190.00
Cité	\$395.00	\$1,100.00	\$2,190.00
SyncroCité	\$660.00	\$1,825.00	\$3,650.00
Jardin Inspira*	—	\$435,00	\$870.00
Idea	\$105.00	\$280.00	\$560.00
Néo	\$130.00	\$365.00	\$725.00
Pano	\$130.00	\$365.00	\$725.00
Meta	\$130.00	\$365.00	\$725.00
Lab	\$130.00	\$365.00	\$725.00
MetaLab	210.00	\$555.00	\$1,100.00

Evening 2026	
Room/ Space	Hourly Rate
Reception	\$565.00
Reception + Jardin Inspira	\$745.00
Reception + Jardin Inspira + SyncroCité	\$1,060.00

*Fixed rate. Available only for booking when the SyncroCité room is also reserved.
Please note that an amount of \$100 per FLEX employee present during your booking will be added to the hourly rate.

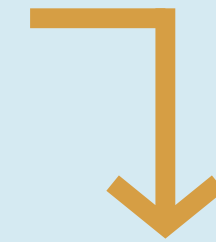
For any technical assistance after 5:00 p.m., a fee of \$150 per hour will apply.



Journey through the FLEX space

01

Upon arrival, you will be greeted by the FLEX team. Guests with reservations can enjoy the self-serve coffee station in the reception area. Tea and water are also available.

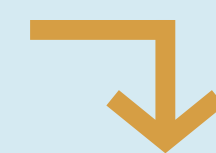


If you have a reservation, a member of the FLEX team will check you in. PVM occupants without a reservation are invited to visit the Jardin Inspira when the space is not used for private events.

02

03

A staff member will guide you to your reserved room and offer you a tour of the space if it's your first visit.



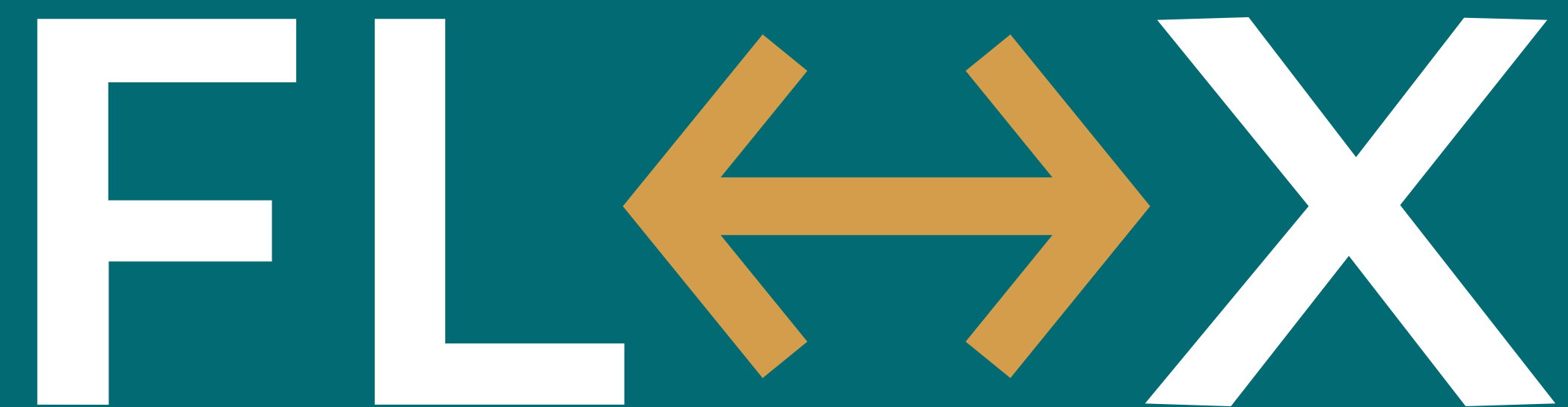
During the meeting, the FLEX team remains available to assist you (assistance with equipment, catering, etc.)

04

05

When the meeting is over, anyone in possession of a room access card must return it to the FLEX staff member at the front desk.





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