



## *Behind the Design*

*Fitness Bliss*

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Conversion of a Brut Basement Into a Stylish Gym Space  
**Saint-Sulpice, Switzerland**

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**In this project:**  
**Design**  
**Furniture**  
**Woodwork**  
**Renovation**  
**Coordination**

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### **Client Overview and Design Brief:**

A family with teenage children who wanted to transform their idle basement into a functional, multi-purpose space. The family desired a space for fitness, Pilates, and yoga, as well as additional amenities such as a shower/WC area and a cozy coffee corner to unwind after workouts.

### **Project Objectives:**

- Basement Conversion:** Transform the unused basement into a versatile gym, Pilates, and yoga space.
- Shower/WC Area:** Add a compact yet functional shower/WC area for convenience.
- Coffee Corner Design:** Create a cozy coffee corner for the family to relax and enjoy refreshments after their workout.
- Flooring Selection:** Install laminate flooring to provide comfort, warmth, and ease of maintenance.

### **Design Approach:**

- Gym & Yoga Space:** We designed an open and flexible layout for various fitness activities, including a designated area for yoga and Pilates, as well as space for equipment like a treadmill and dumbbells.
- Shower & WC Area:** A small but efficient shower and WC were added, ensuring comfort and convenience for the family without overcrowding the space.
- Coffee Corner:** We crafted a stylish coffee corner using wood for cabinetry and a porcelain backsplash, creating an inviting and functional space. This corner allows the family to enjoy their coffee in a relaxing environment post-workout.
- Laminate Flooring:** To ensure a soft touch underfoot and easy maintenance, laminate flooring was installed throughout the space, giving it a warm and welcoming feel.

•**Lighting & Ambiance:** We incorporated layered lighting, including recessed lighting and task lighting, to enhance functionality and mood, particularly for the yoga and fitness areas.

### **Implementation Considerations:**

- Space Efficiency:** We maximized the available space by incorporating clever storage solutions and arranging the furniture to ensure that the gym and yoga areas were both spacious and efficient.
- Functional Zoning:** The design clearly defined zones for fitness, yoga, and relaxation, allowing for a smooth flow between the different areas.
- Materials:** Durable, easy-to-maintain materials like laminate flooring and porcelain were used to ensure that the space was both practical and stylish.

### **Outcome:**

The basement was successfully transformed into a multifunctional, cozy, and stylish space that meets the family's needs for fitness, relaxation, and wellness. The coffee corner adds a touch of comfort, while the functional shower/WC area enhances convenience. The laminate flooring contributes to a soft, inviting atmosphere, making this basement a true family retreat.

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## Professionals Involved in This Project

### Project Manager / Structural Engineer

- Oversaw the entire project, ensuring work was completed on time and according to plan.
- Coordinated between trades and ensured compliance with building codes.

### Interior Designer

- Planned the layout of the gym, yoga/Pilates space, shower/WC, and coffee corner.
- Ensured optimal use of space and aesthetic harmony.
- Selected materials, finishes, and functional elements.

### Procurement Specialist

- Sourced and procured all required materials, including flooring, tiles, lighting, plumbing fixtures, and gym equipment.
- Managed budget and cost tracking to keep expenditures within the project's financial scope.

### Demolition Crew

- Removed existing flooring.

### Framing & Drywall Contractor

- Constructed new walls for the shower/WC and partitions for the coffee corner.
- Installed drywall for finishing.

### Plumber

- Installed water supply and drainage for the shower, WC, and a small sink in the shower area.
- Ensured proper waterproofing in the shower area.

### HVAC Specialist

- Ensured proper ventilation, heating, and cooling in the basement gym setting.

### Tiler

- Installed tiles in the shower/WC for flooring and walls.

### Electrician

- Installed new lighting, power outlets, and ventilation systems.
- Provided wiring for gym equipment and coffee machines.
- Ensured adequate circuit load for all appliances.

### Flooring Specialist

- Installed laminate flooring in the gym, yoga space, and coffee corner.

### Painter & Finisher

- Painted walls, ceilings, and finished surfaces to match the design.

### Cabinet Maker / Carpenter

- Built and installed storage units, countertops, and shelves in the coffee corner.
- Created storage for gym equipment and yoga accessories.

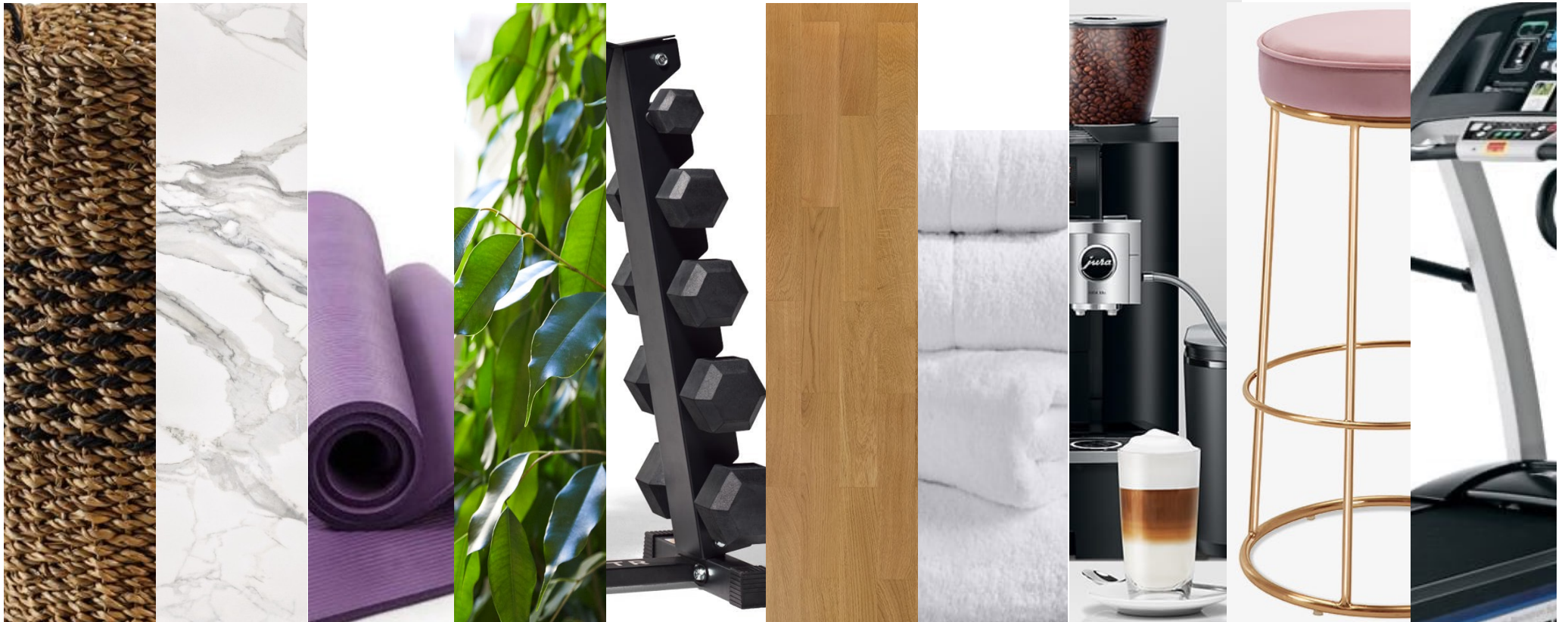
### Stone Installer

- Installed stone backing on the shelves area and mirrors in the gym area.

### Gym Equipment Installer

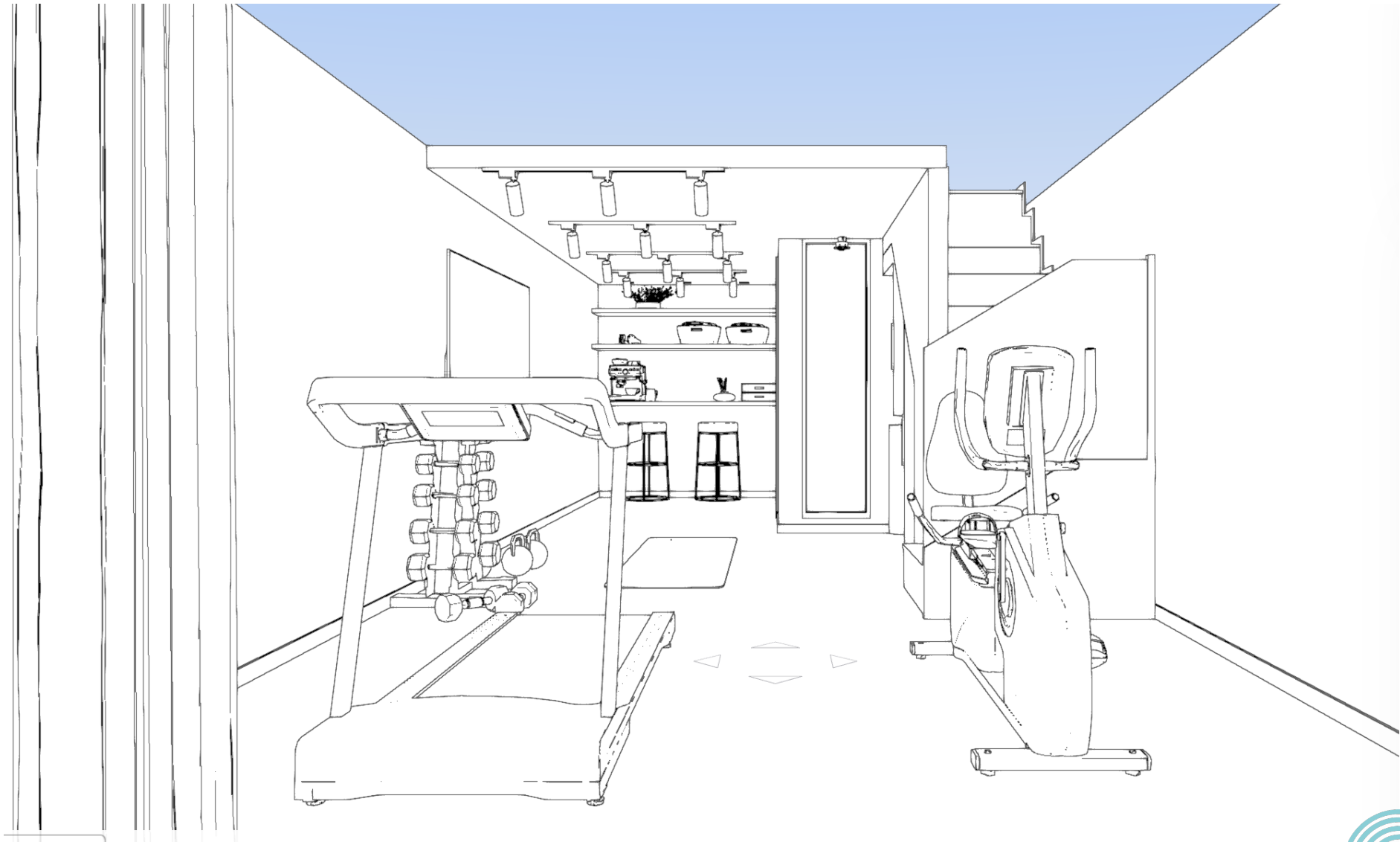
- Delivered and set up specialized equipment.

# Design Essence

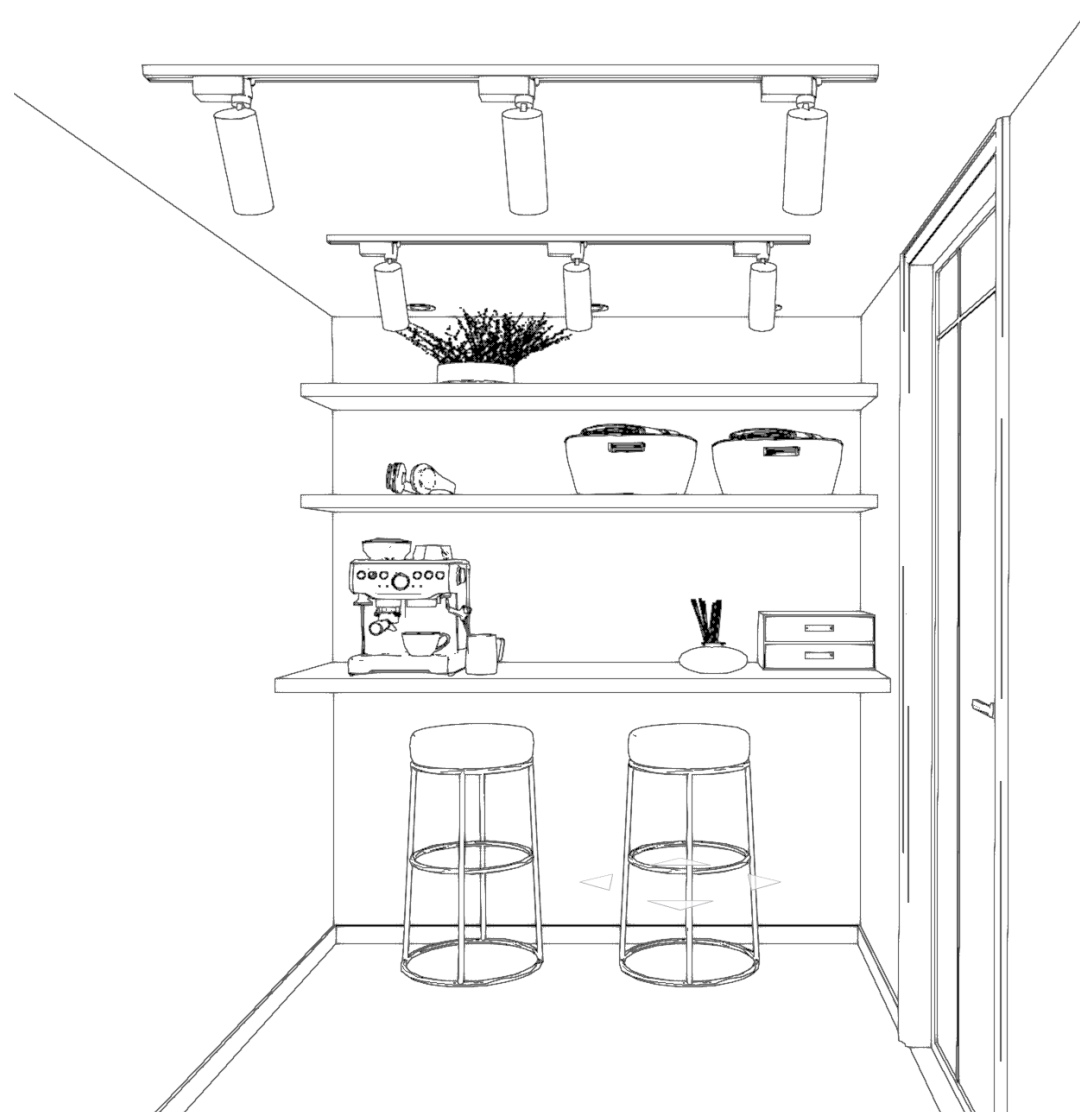




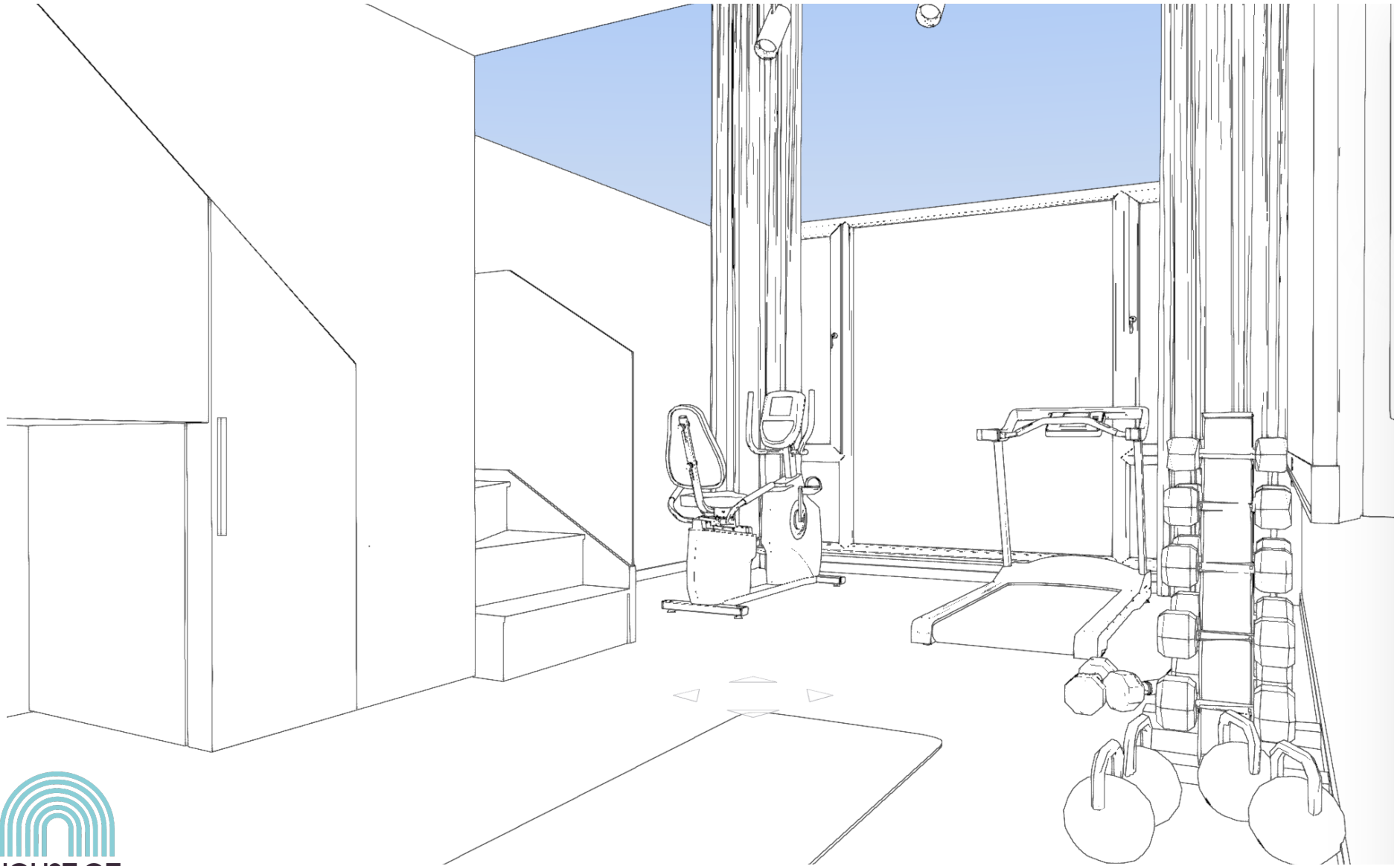
# Preliminary Sketch A



# Preliminary Sketch B



# Preliminary Sketch C



# Conceptual Design A



## Conceptual Design B





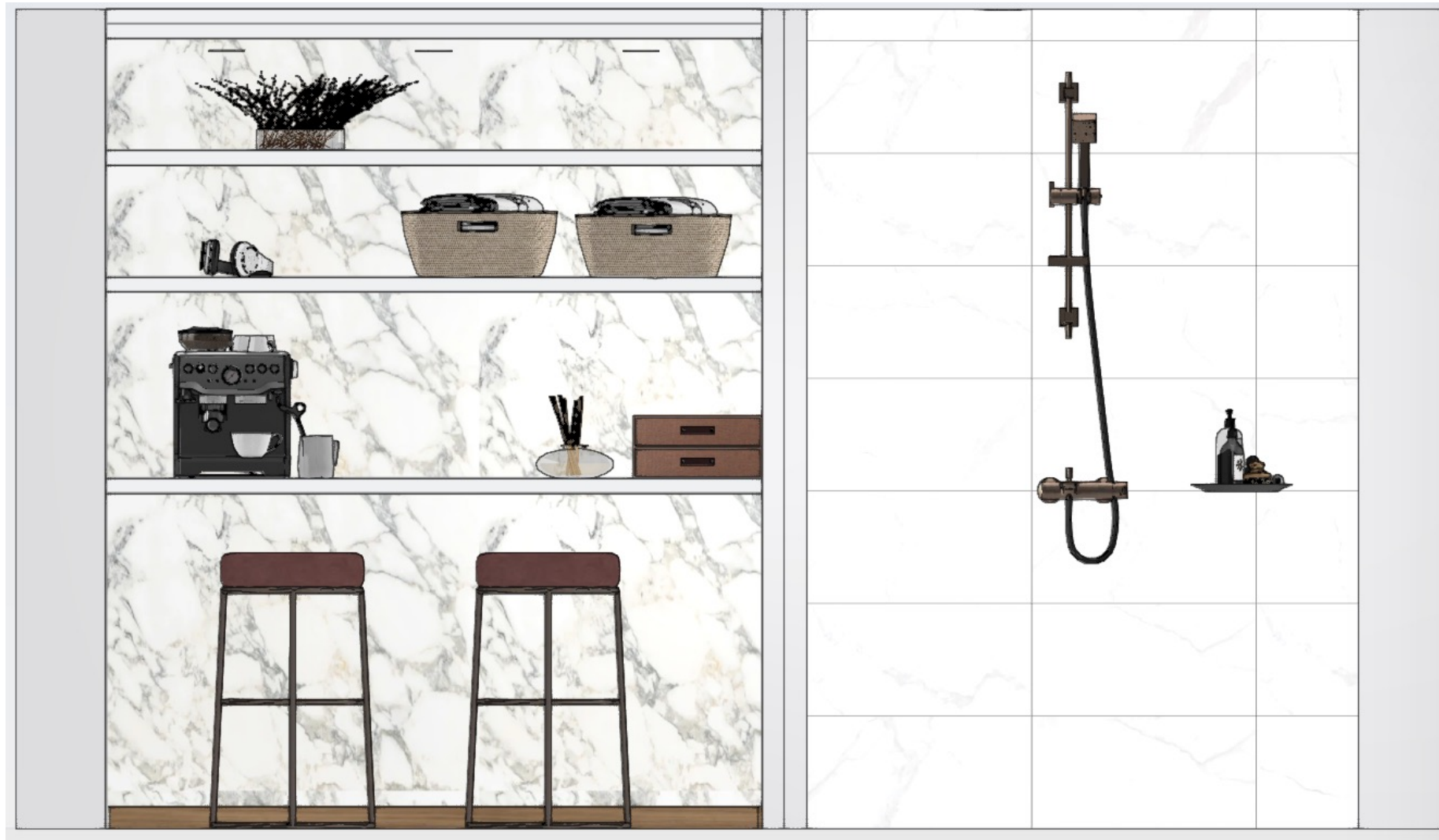
# Wall Elevation A



## Wall Elevation B



# Wall Elevation C



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# Final Product





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*"Every space tells a story—let's craft yours with purpose, elegance, and precision."*

From concept to completion, we blend creativity with expertise to shape interiors that reflect your vision and lifestyle.

**Click the link to discover our approach and how we can collaborate to bring your design ambitions to life.**

Warm regards,  
*Sedef Duru*  
Studio Director

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