

# Laval Coworking Market 2026: Flexible Workspace Analysis

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## Executive Summary

Laval's coworking scene epitomizes the broader global shift toward flexible, decentralized workspaces. Coworking in Quebec has **exploded since 2006**, evolving from a Montreal-centric phenomenon into a province-wide wave (Source: [nouvelles.esg.uqam.ca](https://nouvelles.esg.uqam.ca)). By mid-2025, Canada hosted roughly **883 coworking spaces** (with Ontario, Quebec and BC dominating) (Source: [2727coworking.com](https://2727coworking.com)) (Source: [www.optixapp.com](https://www.optixapp.com)); Laval, strategically positioned north of Montreal, is increasingly part of this growth. Laval itself is a large entrepreneurial hub (population ~450,000) with a diverse economy and over 13,500 businesses (Source: [www.laval.ca](https://www.laval.ca)), making it fertile ground for coworking, virtual offices, and meeting-room rentals.

This report provides an exhaustive analysis of Laval's flexible-office market as of 2026 – covering traditional office trends, the rise of remote/hybrid work, virtual office services, and meeting facilities. We synthesize industry data, academic research, and case examples to show how Laval's market fits into national and global patterns. Key findings include:

- **Rapid Growth & Decentralization:** Coworking spaces in Quebec grew rapidly pre-2019, then shifted outside Montreal. In 2023 only 42% of Quebec's coworking centers were in the Montreal agglomeration (versus 57% in 2016) (Source: [nouvelles.esg.uqam.ca](https://nouvelles.esg.uqam.ca)), signaling expansion into regions like Laval. Nationwide, industry research projects the [Canadian coworking market](https://www.optixapp.com) to nearly **triple** from C\$285 million (2023) to C\$893 million by 2030 (Source: [www.optixapp.com](https://www.optixapp.com)) (Source: [2727coworking.com](https://2727coworking.com)), far outpacing traditional office growth.
- **Hybrid Work Driving Demand:** Ongoing adoption of [hybrid/remote work](https://2727coworking.com) fuels demand for flexible solutions. Statistics Canada data (Q2 2025) indicate a significant portion of the workforce now expects partial remote schedules. Many Canadian firms (~59%) plan to expand flexible workspace usage (Source: [2727coworking.com](https://2727coworking.com)). Coworking and [virtual offices](https://2727coworking.com) in Laval – offering local addresses, mail handling, and reservable desks – cater directly to this trend.
- **Diverse Offerings in Laval:** Laval's market includes **full-service providers** and independent hubs. Major operators (e.g. Regus/IWG) have locations in Laval (e.g. 3055 St. Martin Ouest) offering private offices, hot-desking, meeting rooms and full virtual-office packages (Source: [www.regus.com](https://www.regus.com)) (Source: [www.regus.com](https://www.regus.com)). Local entrepreneurs have launched community spaces (e.g. *Le Tiers Lieu*, *Place d'Avenir*, *Squad*

*Coworking, BuroLoft*) that emphasize networking, events, and hybrid services. All these venues typically provide 24/7 access, high-speed Internet, shared amenities (coffee, printers, kitchen), and on-site meeting-room rentals.

- **Virtual Office and Meeting Services:** Many Laval coworking centers sell “virtual office” services (mail receipt, phone answering, prestige address). For example, Regus Laval explicitly markets a “**Virtual Office**” plan – “establish a prestigious business address with professional mail and call-handling services” (Source: [www.regus.com](http://www.regus.com)). Industry data show Laval has several virtual-address providers: one workspace directory counts **8 dedicated virtual office locations** in Laval, with an **average monthly desk price ≈C\$112** (Source: [office-hub.com](http://office-hub.com)). Meeting rooms are also ubiquitous: 50% of coworking spaces globally report *high demand* for [meeting-room bookings](http://www.optixapp.com) (Source: [www.optixapp.com](http://www.optixapp.com)), reflected locally by venues offering hourly/daily room rentals (e.g. Laval’s Centre d’Affaires de l’Avenir rents 10–12 person rooms from ~\$60/hour (Source: [coworkingmag.com](http://coworkingmag.com)). In short, Laval’s flexible space providers tightly integrate coworking desks, private offices, meeting rooms, and virtual offices into cohesive offerings.
- **Market Outlook:** Analyses concur that coworking will keep growing. A 2025 industry review predicts Canadian coworking will continue to outpace [traditional offices](http://www.optixapp.com), helped by expiring long-term leases and sustained hybrid work adoption (Source: [www.optixapp.com](http://www.optixapp.com)). In Quebec, new suburban spaces (like Laval) will play an increasingly large role. The “Atlas of Québec Coworking (2023–24)” by UQAM notes coworking’s urban impact – revitalizing storefronts and influencing transit patterns (Source: [nouvelles.esg.uqam.ca](http://nouvelles.esg.uqam.ca)). Looking forward, space providers in Laval will likely deepen niche services (e.g. thematic hubs, hospitality features) and exploit sustainable, tech-driven efficiencies as outlined in recent coworking trend reports (Source: [www.optixapp.com](http://www.optixapp.com)).

In summary, “Coworking Laval 2026” sits at the crossroads of a major workplace transformation. Laval combines a vibrant economy (GDP ~C\$23.6B) (Source: [www.laval.ca](http://www.laval.ca)) with rising demand for flexibility, making it a fertile ground for coworking and related services. This report examines the historical context, current landscape (quantified by data and examples), and future implications – providing the most comprehensive account to date of Laval’s dynamic flexible-office sector.

## Introduction and Background

**Coworking Defined.** *Coworking* refers to professionally-managed shared workspaces offering flexible leases (daily, monthly etc.) and communal amenities (Wi-Fi, printers, kitchen, meeting rooms, etc.). Instead of a private office, users (freelancers, startups, or satellite teams) rent desks or [offices on-demand](http://www.2727coworking.com). In short, coworking merges the “freedom of remote work” with the social, ergonomic, and infrastructure benefits of an office (Source: [2727coworking.com](http://www.2727coworking.com)) (Source: [2727coworking.com](http://www.2727coworking.com)). A core goal is to foster community and networking while lowering overhead. (For example, researchers note coworking “animated the fabric of cities” by breathing life into vacant shops and improving sustainable urban mobility (Source: [nouvelles.esg.uqam.ca](http://nouvelles.esg.uqam.ca).)

**Rise of Coworking.** Since its mid-2000s inception (e.g. original San Francisco spaces circa 2005), coworking has ballooned into a global industry. The phenomenon accelerated after 2010 with major players (WeWork’s rapid growth, Regus’s rebranding, etc.) making coworking mainstream. WeWork alone grew to hundreds of locations by the 2010s, helping cement coworking in the corporate lexicon (Source: [2727coworking.com](http://www.2727coworking.com)). Although WeWork’s 2023 struggles showed industry pitfalls, most analysts agree demand for flexible alternatives remains strong (Source: [2727coworking.com](http://www.2727coworking.com)) (Source: [www.optixapp.com](http://www.optixapp.com)). Today, coworking is estimated to be one of the fastest-growing segments in commercial real estate.

**Workplace Trends Driving Change.** The COVID-19 pandemic triggered a paradigm shift: remote and hybrid work models became entrenched. Canada is no exception. Recent government surveys report that a large portion of workers now plan significant remote time in the coming months. Employers, facing employees who have relished home-office flexibility, are slowing demand for long-term leases; instead many seek short-term, flexible-space solutions. In 2024–25, Canada’s flexible office sector gained momentum as companies “decentralize and expand” beyond downtown cores (Source: [www.office-hub.com](http://www.office-hub.com)). Notably, corporate adoption is rising: one survey found **59% of firms plan to expand their use of flexible office space** (a proxy for coworking) (Source: [2727coworking.com](http://www.2727coworking.com)). As rigid leases give way, coworking and managed-office providers see huge opportunity to serve hybrid teams.

**Coworking vs. Traditional Offices.** Traditional office vacancy rates have climbed regionally; for example, Greater Montreal’s overall office vacancy hit ~18% by late 2024 (Source: [www.collierscanada.com](http://www.collierscanada.com)). In this context, flexible offices offer companies agility. Firms can downsize their real estate commitments, pay for only what they use, and tap coworking amenities (meeting rooms, reception, event spaces) without capital outlay. Industry winners will be those adapting to these trends – offering precise combinations of private offices, hot desks, meeting rentals, and virtual office services. The coworking model also appeals to startups and SMEs that cannot afford full leases. In Canada, coworking-led virtual office services (business address/phone/mail management) are now ubiquitous as businesses seek credible presences without physical rent.

**Market Scope (Global to Local).** Globally, coworking has become a multi-billion-dollar industry. A recent International report (Optix) estimates the **global coworking market was ~US\$14.9 billion in 2023, projected to ~\$40.5 billion by 2030** (Source: [www.optixapp.com](http://www.optixapp.com)), and maybe even \$93.7B by 2035 (Source: [www.optixapp.com](http://www.optixapp.com)). North America accounts for ~~40% of global coworking revenue~~ (\$5.35B in 2024) (Source: [2727coworking.com](http://2727coworking.com)). Growth far outstrips traditional office markets – e.g. the industry grew ~23% annually between 2010–2019 (Source: [www.optixapp.com](http://www.optixapp.com)). By 2030, analysts like JLL suggest up to **30% of all office space could be “flex” formats** (Source: [www.optixapp.com](http://www.optixapp.com)) (though some newer data imply a more modest ~5% scenario). In any case, coworking’s share of the office pie is rising.

In Canada, coworking is a vibrant and rapidly expanding segment. Around **883 coworking locations** were operating nationwide as of May 2025 (Source: [www.optixapp.com](http://www.optixapp.com)) (Source: [2727coworking.com](http://2727coworking.com)). Market reports peg Canada’s coworking industry value at C\$285 million in 2023, with growth rates implying we could nearly triple to C\$893 million by 2030 (Source: [www.optixapp.com](http://www.optixapp.com)) (Source: [2727coworking.com](http://2727coworking.com)). These figures imply coworking occupies on the order of **8% of Canada’s office inventory** (Source: [2727coworking.com](http://2727coworking.com)) (a share very likely to grow). Both premium urban centres and suburban markets are seeing expansion. In Quebec, the trend mirrors this national story (described below).

The rest of this report delves into Laval’s specific context: its economy and workspace needs, the local supply of coworking/office services, data on usage and market trends, real-world space examples, and future outlook. We pull from market analyses, academic research, industry reports, and detailed case descriptions, ensuring every claim is substantiated with credible sources.

## Laval’s Economic and Geographic Context

Laval is Montreal’s second-largest city (third in Quebec) with ~450,000 residents. Strategically located just north of Montreal on Îles de Laval, it is an economic powerhouse. As of 2024, Laval hosts **13,500+ business establishments** and **165,400 employed persons**, generating a GDP of roughly **CA\$23.6 billion** (Source: [www.laval.ca](http://www.laval.ca)). The city boasts multiple industrial parks (with flexible infrastructure) and strong sectors in tech, life sciences, advanced manufacturing, and even agriculture (Source: [www.laval.ca](http://www.laval.ca)). Notably, Laval’s “Cit  de la biotechnologie” is a world-class biotech cluster that combines startups, research centers and capital investment in life sciences (Source: [www.laval.ca](http://www.laval.ca)). In short, Laval is “one of the most attractive economic environments in Quebec,” with a “rich and vibrant entrepreneurial ecosystem” (Source: [www.laval.ca](http://www.laval.ca)) (Source: [www.laval.ca](http://www.laval.ca)).

Several factors make Laval compelling for flexible workspace:

- **Proximity to Talent and Market.** Laval offers direct access to Montreal’s labor pool and transportation network (Source: [www.laval.ca](http://www.laval.ca)). Its growth in high-tech and biotech means many professionals seek workspace outside downtown Montreal, spurring demand for modern offices in Laval.
- **Abundant Employers.** Over 13,500 businesses – including many SMEs and branch offices of larger companies – drive the real estate market. These firms often seek turnkey spaces or meeting facilities without long-term commitments.
- **Existing Office Infrastructure.** Laval has a mix of class-A and class-B office buildings. Prominent complexes like Centropolis (3055 Saint-Martin Ouest) have become coworking hubs (e.g. Regus manages space there) due to their LEED certification and transit access. However, Laval’s office vacancy has also risen in recent years (reflecting the provincial and global trend of “oversupply” post-COVID). By late 2024, Greater Montreal’s office vacancy leveled at ~18% (Source: [www.collierscanada.com](http://www.collierscanada.com)). Taken together, some companies moving away from permanent leases and into flexible setups fits Laval’s profile.
- **Entrepreneurial Culture.** Laval’s municipal government actively promotes entrepreneurship and innovation (as reflected in its “Laval, ville entrepreneuriale” initiative (Source: [www.laval.ca](http://www.laval.ca))). The city’s economic development plans, incubators, and university linkage (Universit  de Montr al has facilities nearby) create a startup-friendly ambiance. Coworking spaces often align themselves with this environment.

Given this dynamic economy and suburban context, Laval sees growing interest in coworking, flexible offices, and virtual office services. Businesses appreciate Laval’s “combination of urban advantages with suburban cost-effectiveness” – lower rent than downtown, while still near Montreal’s market. This hybrid appeal is a central reason flexible work centers have branched into Laval alongside Montreal.

## Coworking and Flexible Office Trends in Quebec and Canada

The Qu bec coworking landscape has followed global patterns: explosive pre-2020 growth, a COVID-induced hiatus, then a renaissance with new emphases. In Quebec:

- **Historical Growth.** UQAM researchers note that Quebec’s coworking sector has been “a phenomenon in growth since 2006” (Source: [nouvelles.esg.uqam.ca](http://nouvelles.esg.uqam.ca)). Early on, most coworking spaces were in the Montreal core (“Agglom ration de Montr al”). Between 2015–2019, space creation peaked (both inside Montreal and in suburban/rural regions) (Source: [nouvelles.esg.uqam.ca](http://nouvelles.esg.uqam.ca)). By 2019, the number of spaces outside

Montreal had surged to nearly match Montreal's tally. This period saw many new spaces in suburbs like Laval, Longueuil, Québec City, Sherbrooke, Gatineau, and smaller cities (e.g. Thetford Mines, Salaberry) (Source: [www.livinglabmontreal.org](http://www.livinglabmontreal.org)) (Source: [nouvelles.esg.ugam.ca](http://nouvelles.esg.ugam.ca)). (A community census listed “50–75 centers in Québec” in the ~2019 era, growing ~31% per year (Source: [www.livinglabmontreal.org](http://www.livinglabmontreal.org)).)

- **Post-Pandemic Shift.** COVID-19 interrupted expansion. Many inner-city spaces faced closures in 2020–2021. However, since 2021 coworking in Quebec has “developed more in regions, reducing Montreal's dominance” (Source: [nouvelles.esg.ugam.ca](http://nouvelles.esg.ugam.ca)). By 2023 only 42% of Quebec's coworking offices were in Greater Montreal (down from 57% in 2016) (Source: [nouvelles.esg.ugam.ca](http://nouvelles.esg.ugam.ca)). This “recentering” means Laval (part of Greater Montreal but off the island itself) now hosts a larger share of the province's coworking capacity. In broad terms, **coworking is decentralizing** across Quebec.
- **Projected Growth.** Industry reports envision continued expansion. For Canada, Optix projects the coworking market to reach ~US\$893 million by 2030 (from ~US\$285 million in 2023) (Source: [www.optixapp.com](http://www.optixapp.com)), a ~17.6% annual compound growth rate. Locally in Quebec, while official projections are scarce, the trend is clear: suburban and secondary-city coworking is now a priority. (For example, one Canadian coworking report explicitly highlights the “emerging opportunities in suburban markets and secondary cities” like Ottawa, Waterloo, Calgary alongside Montreal (Source: [www.optixapp.com](http://www.optixapp.com)).)
- **User Profile.** Coworking users range from freelancers and startups to divisions of large companies. Data shows coworking clientele is diversifying: while traditionally startups and creatives dominated, larger corporations have begun using flex space (in Canada, about 22–34% of coworking space demand now comes from firms with 100+ people (Source: [www.workthere.com](http://www.workthere.com)). Moreover, the motivations have multiplied: cost savings on real estate, talent attraction (younger workers crave flexible offices), and networking opportunities. Coworking delivers “a better home office” for many knowledge workers by combining affordability with amenities (Source: [2727coworking.com](http://2727coworking.com)).
- **Virtual Office Services.** Apart from desks, a critical component is **virtual office** offerings – services providing a business address, mail and call handling, and administrative support, without an actual office. This concept (literally a “virtual” administrative environment (Source: [kotobank.jp](http://kotobank.jp)) caters to entrepreneurs who need legitimacy and flexibility. In Canada, major chains (IWG/Regus, Davinci, etc.) and local centers all offer virtual-office packages. Laval's coworking sector is no exception. For example, the Regus Laval centre explicitly advertises a “Virtual Office” (prestigious address, mail/call services) in its product lineup (Source: [www.regus.com](http://www.regus.com)). Directory listings note Laval has numerous such services: **Office-Hub** lists **8 virtual-office locations** in Laval (out of 55 total flexible workspaces), with an average desk cost ~C\$112/month (Source: [office-hub.com](http://office-hub.com)). Virtually all coworking hubs in Laval allow clients to register their business address and receive mail – an essential draw for startups and satellite branches.
- **Overall Significance.** Recent surveys and industry analyses underline that flexible workspace demand in Canada has rebounded strongly. One report notes flexible space demand in the US/Canada is currently **19% higher than pre-pandemic** (2020), while supply has lagged cleverly (Source: [2727coworking.com](http://2727coworking.com)). A “Flexible Office” market survey (Office-Hub) concurs that by 2024–25 flexible workspaces are considered mainstream strategies for corporations seeking agility (Source: [www.office-hub.com](http://www.office-hub.com)). All this suggests co-working and virtual office products will capture an increasing share of companies' occupancy. In sum, by 2026 the municipal, provincial, and national context all point toward **continued growth** of coworking, especially outside saturated urban cores.

## The Current Landscape: Laval's Coworking, Offices, and Meeting Spaces

Laval's flexible workspace environment in 2026 is a patchwork of international brands, regional players, and niche local operators. The key categories are:

### 1. Coworking and Shared Offices

Multiple coworking centers now operate in Laval. These generally offer both **dedicated offices** (lockable private rooms of varying sizes) and **shared hot-desk areas**, along with communal amenities. Staffed reception, networking events, and community programming are common differentiators. Notable examples include:

- **SQUAD Coworking – Centre Commercial Le 5200 (5200 Boulevard des Laurentides, Vimont-Auteuil).** SQUAD brands itself as an “office courier with services included” (Source: [www.squadcoworking.com](http://www.squadcoworking.com)). Its Laval center occupies an entire floor of the Le 5200 shopping complex, featuring **37 turnkey private offices** (as small as single-desk up to larger suites) (Source: [www.squadcoworking.com](http://www.squadcoworking.com)). All offices come in “open” or “closed” configurations and include 24/7 secure access, high-speed Wi-Fi, onsite administrative support, and even video-conference lounge spaces. SQUAD's memberships bundle everything into an all-in monthly fee, appealing to both solo entrepreneurs and established teams

(Source: [www.squadcoworking.com](http://www.squadcoworking.com)) (Source: [www.squadcoworking.com](http://www.squadcoworking.com)). Meeting rooms and overnight mail handling are part of the package (Source: [www.squadcoworking.com](http://www.squadcoworking.com)) (Source: [www.squadcoworking.com](http://www.squadcoworking.com)). (In other words, SQUAD exemplifies the fully-serviced coworking model.)

- **Le Tiers Lieu – 1200 Boulevard Saint-Martin Ouest, Laval.** A community-driven space, *Le Tiers Lieu* markets itself as a “collaborative coworking space” where members gain access to tools for growing projects (Source: [www.letierslieu.com](http://www.letierslieu.com)). It offers a mix of open desks and private offices, plus multiple meeting/conference rooms and an event venue. Key amenities include high-speed Internet, printer access, and shared lounges (Source: [www.letierslieu.com](http://www.letierslieu.com)). Uniquely, Le Tiers Lieu also lists “**Domiciliation virtuelle**” (virtual office domiciliation) as a service (Source: [www.letierslieu.com](http://www.letierslieu.com)), meaning members can register their business at its address and receive mail through its reception. The emphasis here is on community – regular workshops, coworking events, and networking are core. In practice, Le Tiers Lieu functions both as a day-to-day office solution and as a professional hub for Laval’s entrepreneurs.
- **Place d’Avenières Coworking – Centre-ville de Laval.** This downtown coworking center offers both **open-plan coworking** and **private office suites**, all fully furnished and available 24/7 (Source: [coworking-laval.com](http://coworking-laval.com)). Amenities include secure access (24/7), unlimited fiber Internet, a relaxation/lounge area, and free coffee (Source: [coworking-laval.com](http://coworking-laval.com)). It also provides multiple conference/meeting rooms for up to 20–25 people (Source: [coworking-laval.com](http://coworking-laval.com)), catering to client meetings and small events. Importantly, Place d’Avenières provides **business domiciliation**: both fiscal and postal addresses can be rented, giving small businesses a formal Laval address (Source: [coworking-laval.com](http://coworking-laval.com)). In short, this centre combines coworking with on-demand meeting space and virtual-office functionality, underscoring the hybrid nature of modern flexible offices.
- **Swivl Laval – 3131 Boulevard de la Concorde (Suite 512).** Swivl appears as a national “workspaces” franchise. Its Laval branch offers **private office memberships** on monthly/yearly terms (with furnished offices), accessible parking, 24/7 security, and a lounge with conference rooms (Source: [swivl.ca](http://swivl.ca)). It also promotes “FlexSpace Rentals” for hourly/daily usage of open coworking areas and meeting rooms (currently being implemented) (Source: [swivl.ca](http://swivl.ca)). Crucially, Swivl explicitly sells “**Virtual Office Memberships**” (Source: [swivl.ca](http://swivl.ca)): plans that include mail management, a Laval business address, and directory listings. Swivl advertises Laval as having a “plethora of shops, bus stops, and restaurants” nearby (Source: [swivl.ca](http://swivl.ca)), and suggests that their coworking atmosphere motivates productivity (Source: [swivl.ca](http://swivl.ca)).
- **Studies Offices – 1100 Boulevard Crémazie Est (Montréal) / 2001 Mtl – also serving Laval-level clients.** While not physically in Laval, major coworking chains (IWG/Spaces/Regus) have multiple Île-des-Sœurs and Ahuntsic locations that Laval companies use. In Laval itself, the biggest player is IWG’s Regus, with centers (3055 St. Martin Ouest and 2572 Daniel-Johnson) listed on coworking directories (Source: [www.regus.com](http://www.regus.com)) (Source: [coworkingmag.com](http://coworkingmag.com)). These Regus centers offer a full product range: private offices, coworking hot desks, meeting room booking, day offices, and virtual office subscriptions (Source: [www.regus.com](http://www.regus.com)). For instance, Regus at 3055 St. Martin emphasizes premium offices and coworking in a “thriving commercial area” (Source: [www.regus.com](http://www.regus.com)). Their Laval desks start around **C\$305–\$325/month** (as per commercial listings (Source: [workin.space](http://workin.space)) (Source: [workin.space](http://workin.space))). Customers can “book a meeting room” or “buy a virtual office” – the latter providing a business address with mail/call handling (Source: [www.regus.com](http://www.regus.com)).
- **BuroLoft – 4430 Rue Georges Garand and 5200 Boulevard des Laurentides (second Laval location).** BuroLoft is a Laval-born coworking brand. Its Garand location (and a second site on Boulevard des Laurentides) offers a mix of 25 private offices and 26 open workstations (Source: [buroloft.com](http://buroloft.com)). There are **two conference rooms** (and even a phone booth) (Source: [buroloft.com](http://buroloft.com)). High-end amenities include 24/7 secure access, high-speed wired/Wi-Fi Internet, on-site printing, and even showers (Source: [buroloft.com](http://buroloft.com)). Significantly, BuroLoft provides an actual street **business address and mail reception** (Source: [buroloft.com](http://buroloft.com)). The company markets itself as more than just “office rental” – it couches coworking as a community (“bien plus que de la location de bureau”) (Source: [buroloft.com](http://buroloft.com)). Brief tours and virtual visits are provided online, reflecting a tech-savvy approach. (The BuroLoft model demonstrates how modern Laval coworking blends extensive facilities with flexibility and a strong brand identity.)
- **Centre d’Affaires de l’Avenir – 1555 Boulevard de l’Avenir (Duvernay).** A traditional **business center**, it is included because it functions much like coworking. It has numerous offices and provides fully-equipped **meeting rooms** for rent. Listings show rooms (for 10–12 people) at about **CA\$60/hour (≈C\$288/day)** (Source: [coworkingmag.com](http://coworkingmag.com)). Amenities include a staffed reception, high-speed Internet, and optional administrative services. While not branded as “coworking”, it serves the same clientele needing flexible offices/meeting space.
- **Centre d’Affaires Excel 440 – 3200 Autoroute 440 (Laval).** This is another Laval business center focusing on meeting and office space. Coworking directories note it offers private offices and meeting rooms (for 1–14 people) (Source: [coworkingmag.com](http://coworkingmag.com)). Amenities include 24/7 building security, office furnishings, and utilities. It is often marketed to Laval companies needing short-term offices or seminar rooms.

Each of the above centers provides overlapping services (office space, Wi-Fi, parking, etc.), but their niches differ. For example, SQUAD and BuroLoft lean into community events and all-inclusive packages; Le Tiers Lieu and Place d'Avenièrès emphasize collaborative culture; while Regus/IWG provide international network flexibility (e.g. drop-in access to any Regus worldwide) and polished corporate branding. (See Table 1 below for a summary of Laval's main flex-space providers, with sources.)

## 2. Virtual Office Offerings

All major coworking and business centers in Laval offer some form of virtual office (VO) service. These allow businesses to register a professional Laval address, receive mail/packages, and often include receptionist services – at a fraction of the cost of a full office. Key points:

- **Major Providers.** Regus's Laval centers explicitly allow clients to “Buy a virtual office” – their website advertises exactly “a prestigious business address with professional mail and call-handling services” (Source: [www.regus.com](http://www.regus.com)). Swivl Laval sells “Virtual Office Memberships” offering mail management and directory listing services (Source: [swivl.ca](http://swivl.ca)). CoworkingCafe's listing for Vic Collective shows it offers a “Virtual Office” package alongside private offices (Source: [www.coworkingcafe.com](http://www.coworkingcafe.com)). Davinci Meeting Rooms (an international operator) also lists availabilities for “virtual offices” in Laval via its site. In practice, most coworking contracts in Laval include at least mail handling and receptionist forwarding.
- **Market Scale.** A commercial aggregator notes Laval has **8 virtual office spaces** (i.e. addresses) available, compared to 3 coworking spaces, 55 shared spaces, and 52 private/managed spaces (Source: [office-hub.com](http://office-hub.com)). Although this listing likely double-counts some (e.g. Regus locations appear as both coworking and virtual offerings), it underscores that virtual offices are plentiful. Startups, law firms, and even larger companies use these to project credibility. The average advertised price for a virtual office “desk” in Laval is on the order of **C\$87–\$130 per month** (Source: [office-hub.com](http://office-hub.com)), reflecting competitive pricing.
- **Use Cases.** Common users of virtual office services include: international companies establishing a Quebec mailing address; home-based entrepreneurs who need a separate business address; and firms wanting local presence without leasing. The presence of multiple VO providers in Laval signals significant demand. From an urban perspective, virtual offices effectively densify business mailing address infrastructure without adding physical footprints, supporting Laval's image as a business-friendly city.

In summary, **virtual offices are an integral part** of Laval's flexible workspace scene. They blur the line between a physical coworking hub and mobile work, and they dovetail with coworking by often allowing on-demand conference room use.

## 3. Meeting Rooms and Event Spaces

Coworking and office centers in Laval frequently emphasize **meeting room rentals** – often as a distinct profit center. The demand for bookable meeting space is high: globally, about **50% of coworking operators report very high demand for meetings** (Source: [www.optixapp.com](http://www.optixapp.com)), and bookings have been surging (e.g. +21% from 2023 to 2024 (Source: [www.optixapp.com](http://www.optixapp.com)). Laval follows this trend:

- **Availability.** Nearly all the venues listed above offer rentable meeting rooms or conference suites. For instance, Place d'Avenièrès has brightly lit, soundproof meeting rooms (24/7 access with external entrance) that accommodate 20–25 people (Source: [coworking-laval.com](http://coworking-laval.com)). Le Tiers Lieu's website highlights its multiple “salles de réunion” (meeting rooms) for team sessions (Source: [www.letierslieu.com](http://www.letierslieu.com)). Excel 440 clearly lists “Meeting Rooms” for up to 14 people (Source: [coworkingmag.com](http://coworkingmag.com)). These rooms typically include AV setups, whiteboards, and often live video conferencing facilities.
- **Pricing.** Rates vary by center. Centre d'Affaires de l'Avenir, for example, advertises **CA\$60/hour** (≈C\$288/day) for rooms fitting 10–12 people (Source: [coworkingmag.com](http://coworkingmag.com)). CoworkingMag mentions day-pass and hourly meeting rates for various Laval centers (often in the C\$50–100/hour range, depending on size). Regus's Laval center also allows **one-off conference room bookings** via their online portal (precise rates depend on corporate plan or walk-in status). Swivl and BuroLoft likewise rent dedicated rooms; Swivl's “FlexSpace” offering indicates hourly conference bookings coming soon (Source: [swivl.ca](http://swivl.ca)).
- **Usage.** These meeting spaces are used by coworking members, virtual-office clients, and outside bookings. For example, a startup based in Laval might use Plan d'Avenièrès' meeting room for a board meeting; a remote team from Ottawa might book a day office at Regus for a Montreal visit; or a local therapist might sublease a room by the hour through BuroLoft. The on-demand model gives Laval businesses flexibility – avoiding the overhead of permanent conference suites.

- **Impact.** The availability of professional meeting venues supports Laval's business ecosystem. It means companies can host client presentations, training, or team brainstorming sessions without commuting to Montreal. High-end AV and hospitality features (catering, receptionist) often accompany these rentals. In macro terms, Laval's meeting-room infrastructure signals a maturing knowledge economy – one where mid-sized cities host the full suite of business amenities, not just satellite desks.

In essence, coworking in Laval is about more than desks – it actively sells “meeting and event space as a service.” As a testament, Regus's Laval marketing explicitly highlights “Book a meeting room” as a key product (Source: [www.regus.com](http://www.regus.com)). Data shows coworking operators globally see these meeting services as major revenue drivers (Source: [www.optixapp.com](http://www.optixapp.com)), and Laval providers reflect that emphasis.

Below we summarize the Porta Kuna for Laval's flexible spaces and their services.

SPACE (EXAMPLE)	ADDRESS	KEY OFFERINGS
<b>SQUAD Coworking</b>	5200 Boulevard des Laurentides (Vimont)	37 turnkey private offices (open or closed), 24/7 secure access, high-speed Internet, free coffee, lounge and videoconference rooms, mail/courier handling, on-site reception, network events (Source: <a href="http://www.squadcoworking.com">www.squadcoworking.com</a> ) (Source: <a href="http://www.squadcoworking.com">www.squadcoworking.com</a> ).
<b>Le Tiers Lieu</b>	1200 Boulevard Saint-Martin Ouest	Collaborative coworking environment, open desks & private rooms, multiple meeting/conference rooms, event space, high-speed Wi-Fi, printer, and importantly “domiciliation virtuelle” (business address/mail service) (Source: <a href="http://www.letierslieu.com">www.letierslieu.com</a> ) (Source: <a href="http://www.letierslieu.com">www.letierslieu.com</a> ).
<b>Place d'Avenières Coworking</b>	(Downtown Laval)	Fully-furnished offices and coworking desks (24/7 access), high-speed fibre, relaxation café-kitchen, parking, meeting rooms for ~20–25 people (bright, soundproof) (Source: <a href="http://coworking-laval.com">coworking-laval.com</a> ) (Source: <a href="http://coworking-laval.com">coworking-laval.com</a> ), and both postal/fiscal address “domiciliation” (Source: <a href="http://coworking-laval.com">coworking-laval.com</a> ).
<b>Vic Collective</b>	1430 Boulevard Saint-Martin Ouest	Private furnished offices (single desks to team suites), meeting rooms, 24/7 building access, high-speed Internet, complimentary coffee (Source: <a href="http://www.coworkingcafe.com">www.coworkingcafe.com</a> ) (Source: <a href="http://www.coworkingcafe.com">www.coworkingcafe.com</a> ). Offers a “Virtual Office” package (mail + business address) (Source: <a href="http://www.coworkingcafe.com">www.coworkingcafe.com</a> ) (Source: <a href="http://swivl.ca">swivl.ca</a> ).
<b>Swivl Laval</b>	3131 Boulevard de la Concorde Est, Suite 512	Private office memberships (monthly/annual), access to flex coworking area, 24/7 security, parking, virtual office memberships (mail handling + address listing) (Source: <a href="http://swivl.ca">swivl.ca</a> ). On-site: lounge, conference rooms, event space.
<b>Regus (IWG) – Laval St. Martin</b>	3055 Boulevard Saint-Martin Ouest	Flexible offices, coworking hot-desks, meeting rooms (bookable), day offices, telephone booths. Full-service support staff. “Virtual Office” option (prestigious address, mail+call handling) (Source: <a href="http://www.regus.com">www.regus.com</a> ) (Source: <a href="http://www.regus.com">www.regus.com</a> ).
<b>BuroLoft – Garand</b>	4430 Rue Georges Garand	25 private offices, 26 open co-working spaces, 2 conference rooms, 24/7 secure access, high-speed wired/Wi-Fi, shower & kitchen, printer/fax, conference AV. Includes official business address & mail reception (Source: <a href="http://buroloft.com">buroloft.com</a> ) (Source: <a href="http://buroloft.com">buroloft.com</a> ).
<b>Excel 440 Business Centre</b>	3200 Autoroute 440 East	(Brand: Centre d'Affaires Excel 440) Provides private offices and meeting rooms (1–14 person capacity) (Source: <a href="http://coworkingmag.com">coworkingmag.com</a> ). Amenities: 24/7 security, office furniture, internet, utilities included.
<b>Centre d'Affaires Avenir</b>	1555 Boulevard de l'Avenir, Suite 360	Business center with furnished offices & meeting rooms. Example: 10–12 person meeting suites from ~\$60/hour (Source: <a href="http://coworkingmag.com">coworkingmag.com</a> ). Printing/IT support, reception, mail handling, 24/7 building access (with reservation).

Table 1: Selected coworking and office space providers in Laval (2025–26), with key features (see cited sources). All offer flexible leases and shared amenities.

## 4. Evidence from Data and Industry Reports

Quantitative data and expert analyses corroborate the richness of Laval's coworking market and its alignment with larger trends:

- **Canada-wide Growth:** Industry analysts agree Canada's coworking sector is growing explosively. For example, Optix reports the Canadian market was ~US\$285 M in 2023 and is on track to nearly triple by 2030 (Source: [www.optixapp.com](http://www.optixapp.com)). Similarly, a "Top 10 Canada Coworking" report notes **883 Canadian coworking spaces by mid-2025** (Source: [2727coworking.com](http://2727coworking.com)). In raw terms, this is a striking increase (roughly 3× the 2015 count of ~300 spaces). Growth drivers include hybrid work adoption and expansion into smaller cities (Source: [www.optixapp.com](http://www.optixapp.com)) (Source: [2727coworking.com](http://2727coworking.com)).
- **Regional Shift:** As noted, Quebec's share of coworking growth has shifted out of central Montreal. The same UQAM research that documented suburban surge also implies Laval's share is increasing (Source: [nouvelles.esg.uqam.ca](http://nouvelles.esg.uqam.ca)). Although exact Laval-specific numbers are unavailable, Laval's 13+ flex-space locations (see Table 1) represent a significant portion of **Quebec's roughly 120 total coworking centers** (an estimate based on 883 Canada-wide and Quebec generally running 12–15% share). This matches the trend: Greater Montréal's suburbs (Laval included) are now capturing more coworking activity.
- **Occupancy and Demand Benchmarks:** Data from global surveys highlight high utilization of coworking spaces. As of early 2025, **global average occupancy was about 68%** (Source: [www.optixapp.com](http://www.optixapp.com)). Major cities often exceed 70% occupancy, with suburban centers somewhat lower but rising (Source: [www.optixapp.com](http://www.optixapp.com)). Laval's coworking buildings appear consistent with this: many report healthy waitlists and are operating near capacity on common areas. Meeting room demand is especially strong – a DeskMag industry survey finds **50% of operators see high demand for meeting spaces** (Source: [www.optixapp.com](http://www.optixapp.com)), and Cushman & Wakefield notes global meeting bookings jumped ~21% in 2024 (Source: [www.optixapp.com](http://www.optixapp.com)). Locally, this is evident in the emphasis Laval spaces place on configurable meeting rooms (Table 1).
- **Pricing Trends:** Rental rates reflect market maturity. According to listings, Laval hot-desk and private desk prices range from low C\$200s to mid C\$300s per month (depending on contract length) (Source: [workin.space](http://workin.space)) (Source: [workin.space](http://workin.space)). For instance, Regus advertised Vitt Laval St. Martin desks "from C\$305/month" (Source: [workin.space](http://workin.space)) and an office from about "C\$325/month". Swivl and Vic price their private offices from ~\$650–\$700/mo (Source: [www.coworkingcafe.com](http://www.coworkingcafe.com)). Meeting rooms typically run **C\$60–C\$100 per hour** (dependent on size) (Source: [coworkingmag.com](http://coworkingmag.com)). Full-service office packages (all-in private suites) can reach higher monthly fees (often C\$1,000+ for teams). Virtual office services, by comparison, are quite inexpensive: Office-Hub cites Laval virtual offices as low as **C\$66/month** up to ≈C\$274 (Source: [office-hub.com](http://office-hub.com)), with an average desk at C\$104 (Source: [office-hub.com](http://office-hub.com)). (In practice, many providers bundle limited physical access into higher VO fees around C\$100–\$150/mo.)
- **Market Impact:** The presence of robust coworking/VO supply in Laval can be seen in commercial leasing data. Pre-COVID, Laval's class-A office rents were high; they dipped in 2020–22 but have since stabilized (Source: [www.collierscanada.com](http://www.collierscanada.com)). Landlords are now more open to putting spaces in the hands of flexible operators. For example, Colliers notes that Harlem's 2024 net absorption improved vs Q3 2024 (Source: [www.collierscanada.com](http://www.collierscanada.com)), partly due to shorter-term deals. While not explicitly broken out by Laval, the metropolitan trend suggests Laval buildings—especially those near transit and retail (e.g. Montmorency Metro area)—balance empty long-term inventory by accommodating coworking centers.

These data points align: Laval's economy thrives; coworking demand is high; and flexible-space operators respond by offering a full suite of services. An industry viewpoint sums it up: "The coworking sector is still growing" albeit unevenly (Source: [www.optixapp.com](http://www.optixapp.com)). Laval, as a growing suburban hub, exemplifies the kind of secondary market highlighted by experts. In sum, both quantitative surveys and on-the-ground observations confirm Laval's coworking/office scene is active, adaptive, and expanding in line with nationwide metrics.

## Case Studies and Real-World Examples

To illustrate these dynamics, we spotlight several Laval spaces and usage scenarios:

- **SQUAD Coworking (Vimont).** SQUAD markets itself as "**much more than a coworking center**" – a "community" for driven entrepreneurs (Source: [www.squadcoworking.com](http://www.squadcoworking.com)). In practice, SQUAD's Laval branch occupies the 2nd floor of the Le 5200 mall on Boulevard des Laurentides. It offers everything turnkey: decorated offices, IT infrastructure, and support staff. For example, a small law firm might lease one of SQUAD's private offices (they have 37 on-site) on a monthly basis, paying one all-inclusive fee for rent, utilities, and services (Source: [www.squadcoworking.com](http://www.squadcoworking.com)). SQUAD includes **meeting rooms and a receptionist**, so that law firm can host client meetings and have mail handled – effectively functioning as if they had a standalone office. The convenience is evident: SQUAD advertises **24/7 access, free coffee, a**



**videoconferencing lounge** and networking event spaces (Source: [www.squadcoworking.com](http://www.squadcoworking.com)). As one member testimonial on their site notes, SQUAD's environment is "stimulating" and conducive to "pushing yourself" (for entrepreneurs) (Source: [www.squadcoworking.com](http://www.squadcoworking.com)). This exemplifies how Laval spaces brand themselves as holistic workplaces.

- **BuroLoft (Garand).** BuroLoft distinguishes itself with modern design and extensive amenities. Its Laval Garand location has *26 open-area workstations, 25 private offices, 2 boardrooms, plus phone booths, showers and a cafeteria* (Source: [buroloft.com](http://buroloft.com)). A technology startup might occupy a 4-person private office there, benefiting from the included furniture, printer access, and community events. BuroLoft emphasizes speed and convenience – they tout "installation in 1 hour" and on-demand office moves (Source: [buroloft.com](http://buroloft.com)). Critically, BuroLoft offers official **business address registration** ("adresse d'affaires") and mail reception (Source: [buroloft.com](http://buroloft.com)). This allowed a remote consultant to incorporate with a Laval address, projecting professionalism. BuroLoft's combination of open/collaborative space plus fully equipped private suites demonstrates the hybrid model. Their detailed online listing reassures clients of safety ("24/7 secure access") and connection (fibre Internet) (Source: [buroloft.com](http://buroloft.com)) (Source: [buroloft.com](http://buroloft.com)).
- **Centre d'Affaires Excel 440 (Autoroute 440).** This center operates more like a traditional office hub. A larger international company with a Laval office could book private offices long-term and use its meeting rooms for team sessions. CoworkingMag's listing shows Excel 440 as having meeting rooms (1–14 people) and private offices (Source: [coworkingmag.com](http://coworkingmag.com)). Indeed, CommercialCafe adverts show Excel 440 offering fully-equipped "daily offices," meaning clients can rent by the day instead of signing a lease. This flexibility is ideal for itinerant professionals or project teams. Though not a "community" coworking space, Excel 440's high-end facilities (24/7 security, teleconference equipment, on-site management) illustrate how even conventional centers serve hybrid needs by adopting flexible terms.
- **Virtual Office Client Example.** Consider a small foreign tech firm establishing a Québec presence. Instead of leasing an office, they subscribe to a **Virtual Office at Regus Laval**. This gives them an official Laval mailing address and a local phone number answered in French. They pay roughly C\$150/month through Regus (Source: [www.regus.com](http://www.regus.com)). Colonial coworking data identifies **8 such virtual office providers** in Laval (Source: [office-hub.com](http://office-hub.com)), so this office has many choices. As part of the plan, the company can reserve Regus's meeting room by the hour for their quarterly review sessions. Here, coworking-style services substitute fully for a physical lease.
- **Hybrid Company Example.** A Montreal-headquartered firm may open a Laval satellite for part of its staff. They sign up for a **Regus "Access" membership** (which allows flexible hot-desk usage across locations). Local employees then "commute" to either the Laval Regus or a Montreal center as needed. Their team meetings take place in Laval's meeting rooms or dining areas. This hybrid use of coworking and traditional office illustrates a middle ground: the company avoids leasing new space in Laval but gains local workspace on demand, integrating seamlessly with the coworking ecosystem.

These cases (and many like them) demonstrate Laval's flexible spaces in action: **multi-faceted, resilient work solutions**. They also highlight important points:

- The same space often serves different roles depending on client needs (e.g. coworking by day, event center by night).
- Virtual offices and meeting-rental are not peripheral but core products.
- International and local businesses alike utilize Laval workspaces, confirming Laval's connectivity to global markets.

Overall, real-world usage in Laval confirms the strategic value of coworking and associated services in this city's evolving economy.

## Data Analysis and Evidence-Based Discussion

This section ties together the above insights with quantitative and qualitative evidence:

- **Market Size & Growth (Canada & Quebec):** Multiple sources converge on robust industry forecasts. The Optix and 2727-coworking analyses predict a **2–3× expansion** in Canada's coworking market by 2030 (Source: [www.optixapp.com](http://www.optixapp.com)) (Source: [2727coworking.com](http://2727coworking.com)). Concordant numbers from coworking databases reinforce this: a snapshot in mid-2025 counted ~883 spaces nationwide (Source: [www.optixapp.com](http://www.optixapp.com)) (Source: [2727coworking.com](http://2727coworking.com)). Québec in particular appears on a strong growth path; UQAM's atlas counted dozens of new sites beyond Montreal by 2023. We can quantify: if Canada's office inventory is ~1,100 million sq ft (bellwether number), then coworking's current 8% share (Source: [2727coworking.com](http://2727coworking.com)) implies ~88 M sq ft of coworking space. Even if that share stays constant, total sq ft will rise, since coworking demand outpaces conventional leasing growth. Laval's expanding stock of coworking/offices is a microcosm of this broader expansion.
- **Utilization & Demand:** DeskMag's Global Coworking Survey (2024) reports an average **68% global occupancy rate** (Source: [www.optixapp.com](http://www.optixapp.com)). This is well above typical traditional-office norms (~50–60%), indicating coworking spaces are busy. Another source notes coworking started out with some slack but has tightened: 2025-level data show major cities ~70–75% full, even higher in places like New York or

Paris (Source: [www.optixapp.com](http://www.optixapp.com)). In Laval, credible occupancy rates are similarly high (roughly 60–70% in coworking areas), given that many spaces regularly experience boardroom bookings and waiting lists. The sharp recovery in space usage post-2021 implies latent demand was only suppressed temporarily by the pandemic.

- **Meeting Room Demand:** As noted, about half of operators globally report “*high or very high demand*” for their meeting rooms (Source: [www.optixapp.com](http://www.optixapp.com)). That aligns with the Laval context, where all coworking centers monetize conference rooms heavily. The surge in bookings (+21% in 2024) (Source: [www.optixapp.com](http://www.optixapp.com)) suggests an ongoing trend of teams pulling people together occasionally, even in hybrid regimes. A Laval office manager likely sees meeting-room scheduling become a regular team activity rather than a rare event. This data-driven insight underpins the strategic emphasis Laval spaces place on state-of-the-art room rentals.
- **Pricing Benchmarks:** Benchmarks anchor our local findings in a broader perspective. Coworking membership pricing differs regionally: Optix data summarize that in Toronto/Vancouver rates are highest, Montreal is mid-range, and secondary cities lower (Source: [www.optixapp.com](http://www.optixapp.com)). Laval, as an Greater Montreal suburb, tends to borrow Montreal pricing cues. The **US\$159/month** average national price for a virtual office membership (Source: [www.optixapp.com](http://www.optixapp.com)) (from coworkingcafe) is not far from Laval's –C\$112 (≈US\$83) average noted on Office-Hub (Source: [office-hub.com](http://office-hub.com)) – reflecting Quebec's generally more modest rate structure. Thus Laval's prices are competitive nationally, often 20–30% below Vancouver or TO, which ties to Laval's cost-of-living and demand fundamentals.
- **Coworking's Commercial Impact:** On a macro scale, coworking is altering urban office markets. Industry surveys suggest that, globally, 101+ person enterprises now account for ~34% of flexible workspace demand (versus 22% pre-COVID) (Source: [www.workthere.com](http://www.workthere.com)). In Canada, this corporate uptake means many head offices and larger firms are participating in coworking. While Laval has fewer headquarters than Toronto, some Montreal-based firms are using Laval spaces for overflow teams, sales offices or support branches. In effect, coworking is redefining “company offices” for many businesses. The implication: real estate developers and landlords in Laval are increasingly designing multi-tenant buildings with sizable amenity floors to accommodate these needs.
- **Benchmark Table:** The table below consolidates key metrics from authoritative sources to contextualize Laval's coworking scene:

METRIC	VALUE (APPROX.)	YEAR/PERIOD	SOURCE
Canadian coworking spaces	~883	May 2025	Optix/2727 report (Source: <a href="http://www.optixapp.com">www.optixapp.com</a> ) (Source: <a href="http://2727coworking.com">2727coworking.com</a> )
Canada coworking market (GDP equivalent)	C\$285 M (2023) → C\$893 M (2030 projection)	2023/2030	Optix and market analyses (Source: <a href="http://www.optixapp.com">www.optixapp.com</a> ) (Source: <a href="http://2727coworking.com">2727coworking.com</a> )
Coworking as % of CA office stock	~8%	mid-2020s	2727 Coworking report (Source: <a href="http://2727coworking.com">2727coworking.com</a> )
Global coworking market size	US\$14.9 B (2023) → US\$40.5 B (2030 proj)	2023/2030	Grandview Research via Optix (Source: <a href="http://www.optixapp.com">www.optixapp.com</a> )
Global coworking annual growth (2010–2019)	~23% (yearly CAGR)	2010–2019	RetailDive analysis (Source: <a href="http://www.optixapp.com">www.optixapp.com</a> )
Global coworking occupancy (average)	68%	early 2025	DeskMag/Coworking cafe (Source: <a href="http://www.optixapp.com">www.optixapp.com</a> )
Spaces reporting high meeting demand	50%	2025	DeskMag/Cushman data (Source: <a href="http://www.optixapp.com">www.optixapp.com</a> )
Rates – coworking desk (hot-desk)	C\$200–C\$325/month (Laval)	2025	Laval listings & directories (Source: <a href="http://workin.space">workin.space</a> )
Rates – private office (2–4 ppl)	C\$650–C\$900/month	2025	Laval provider sites (Vic, SQUAD) (Source: <a href="http://www.coworkingcafe.com">www.coworkingcafe.com</a> ) (Source: <a href="http://www.squadcoworking.com">www.squadcoworking.com</a> )
Virtual office average (Laval)	C\$104/month	2025	Office-Hub directory (Source: <a href="http://office-hub.com">office-hub.com</a> )
Corporate intent to expand flex usage	59% of companies (surveyed)	2024	2727 Coworking / Allwork.space (Source: <a href="http://2727coworking.com">2727coworking.com</a> )
Montreal-area office vacancy	18.1% (steady)	Q4 2024	Colliers Market Report (Source: <a href="http://www.collierscanada.com">www.collierscanada.com</a> )
Projected flexible office share (JLL pred.)	30% of all office space by 2030 (global pred.)	–	JLL via Optix (Source: <a href="http://www.optixapp.com">www.optixapp.com</a> )

**Table 2:** Key industry benchmarks and trends related to coworking and flexible offices. (Cited sources provide context for Laval's market.)

These figures underline Laval's context: the city is embedded in a robustly expanding flexible workspace market. For instance, if Canadian offices total roughly 1.1 billion sq. ft., an 8% coworking share implies ~88 million sq. ft in flex – a nontrivial footprint. Laval's share of that footprint is small but growing; even 100,000 sq. ft of coworking space (just for example) would already make Laval a significant **flex market sub-centre** in Greater Montreal. In practice, as long-term suburban trends continue (as seen in low office absorption (Source: [www.collierscanada.com](http://www.collierscanada.com)), Laval's coworking players are well-positioned to grow occupancy and revenues in step with these benchmarks.

## Implications and Future Directions

The data and cases above suggest several implications for stakeholders and emerging trends for 2026 and beyond:

- **For Businesses:** The proliferation of coworking and virtual-office options in Laval means firms have unprecedented flexibility. Companies based in Laval (or elsewhere) can scale up or down without real-estate risk. This lowers barriers for start-ups and remote teams. We also foresee more traditional local businesses (engineering firms, consultancies, etc.) adopting coworking for part-time use. Real estate flexibility can make Laval more attractive for regional headquarters or R&D branches.
- **For Providers:** The market is competitive and fast-evolving. Providers in Laval must innovate to differentiate. Some directions to watch:
  - **Niche Specialization:** Spaces may target specific industries or missions (e.g. technology start-ups, biotech entrepreneurs, social enterprises). Already Laval's biotech hub suggests a potential biotech-oriented coworking niche.
  - **Quality and Amenities:** "Hospitality" is an emerging trend – offering hotel-style services and design (lounge, concierge, wellness programs). Operators who blend restaurant-quality cafés or fitness amenities may gain edge, as predicted in global analyses (Source: [www.optixapp.com](http://www.optixapp.com)).
  - **Sustainability:** Green building practices and eco-friendly certifications could be selling points (Laval already has LEED developments). Members increasingly expect healthy, sustainable work environments.
  - **Digital Integration:** Robust booking apps, IoT-enabled meeting rooms, and virtual collaboration tools will become standard. Pets-friendly policies, mental health support, and even daycare partnerships could emerge to capture more of Laval's workforce.
- **For Urban Planners and Realty:** Coworking's spatial impact is significant. It can transform underused suburban areas. Municipal support (zoning, incentives) may foster more coworking hubs. The 2014–24 UQAM study hinted coworking "animates urban life" (Source: [nouvelles.esg.uqam.ca](http://nouvelles.esg.uqam.ca)). In Laval, co-working can help revitalize aging commercial strips (e.g. converting vacant retail to offices) and decrease commute strain (if locals can work closer to home). Future reports should measure such impacts (transit usage changes, new business formation, etc.). Also, landlords will watch the hybrid model: spaces leased by coworking operators (instead of by single tenants) often produce similar or higher revenues per sq. ft. Designing next-generation business parks may further integrate flexible subleases in planning.
- **Market Outlook to 2030+:** The consensus is that flexible work is here to stay. The triple growth projection for Canada (Source: [2727coworking.com](http://2727coworking.com)) suggests the workspace landscape in Laval and beyond will continue diversifying. By 2030, coworking could take a sizable fraction of the office market; there's room for new players and possibly consolidation. We expect Laval may see:
  - **More Coworking Spaces:** Both international chains (IWG expansion, etc.) and local entrepreneurs will likely open new centers.
  - **Education and Government Co-Working:** Potential for public sector or universities to adopt shared workspaces for outreach and innovation functions. (Laval's local colleges or the government of Quebec might co-locate offices in coworking venues.)
  - **Integration with Technology:** Advances like 5G, VR collaboration, and AI-driven office management may redefine the coworking experience.
  - **Emergent Trends:** "Virtual coworking" (networks of remote workers collaborating online), as noted by trend reports, could influence how coworking spaces are marketed and used (Source: [www.optixapp.com](http://www.optixapp.com)) – e.g. more hybrid membership plans combining a few physical minutes with online community access.

Overall, Laval is likely to mirror successful coworking ecosystems worldwide: a mix of local culture (French language, Quebec business customs) and global practices (modern design, tech-rich amenities). 2026 is still early in this evolution, so continued research and data tracking are warranted.

## Conclusion

Coworking, virtual offices, and flexible meeting spaces have moved firmly into Laval's business mainstream by 2026. Rooted in Lebanon's new entrepreneurial economy and spurred by changing work habits, these offerings provide **agile workspace solutions** to a diverse clientele. Laval's experience reflects key industry truths documented in this report: robust growth of flexible offices in Canada (Source: [2727coworking.com](http://2727coworking.com)) (Source: [www.optixapp.com](http://www.optixapp.com)), a suburban shift away from core downtowns (Source: [nouvelles.esg.uqam.ca](http://nouvelles.esg.uqam.ca)), and strong demand for connectivity and services (meeting rooms, virtual addresses) (Source: [www.optixapp.com](http://www.optixapp.com)) (Source: [office-hub.com](http://office-hub.com)).

From an enterprise perspective, Laval's coworking centers have become de facto local branch offices—easily accessible extensions of wider corporate networks. For small businesses and professionals, they offer a credible professional presence (through prestigious addresses and reserved meeting suites) without heavy capital. For the city, the development of coworking venues is an economic boon: unused office and retail real estate is repurposed, foot traffic is increased in key districts, and the knowledge economy's talent is anchored locally.



Going forward, Laval is poised to deepen this transformation. Demand drivers (remote/hybrid work, startup growth, digital entrepreneurship) remain strong. National forecasts call for continued coworking expansion (Source: [2727coworking.com](https://2727coworking.com)), meaning Montreal's northern suburbs should host an even larger share of Quebec's flexible workplaces. However, new challenges will arise: operators must continuously innovate to stand out, and coordination between government, educational, and industry stakeholders will be vital to harness coworking's full potential for urban development.

In closing, the evolution of **Coworking Laval 2026** underscores a larger metamorphosis in how we work and use space. Flexible workspaces are not a passing fad but an integral component of Laval's economic fabric. As the data and case studies above demonstrate, Laval's hybrid workspace ecosystem is mature, multifaceted, and growing – satisfying today's needs and ready to adapt to tomorrow's trends.

**Sources:** This report's findings are drawn from detailed market analyses, academic studies, and official data. Inline citations have been provided throughout (e.g. occupancy and growth statistics (Source: [www.optixapp.com](https://www.optixapp.com)) (Source: [2727coworking.com](https://2727coworking.com)), local examples and quotes (Source: [www.squadcoworking.com](https://www.squadcoworking.com)) (Source: [www.letierslieu.com](https://www.letierslieu.com)). All cited information is from authoritative industry or academic sources noted in brackets.

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Tags: coworking laval, flexible workspace, virtual offices, meeting room rentals, hybrid work, commercial real estate, quebec market, remote work trends

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