



GROUP EVENT BOOKINGS



HENS PARTIES

BIRTHDAYS

TEAM BUILDING

DO SOMETHING
UNIQUE & **PLAYFUL**

MAKE YOUR NEXT GROUP EVENT TRULY MEMORABLE

Bend + Fly Aerial Group Events are a one-of-a-kind experience guaranteed to leave everyone smiling and empowered - no matter the size, age, skill or fitness level. Let our experienced instructors guide you safely, taking you from novice to high flying aerialist with a series of fun and exciting aerial poses that will produce plenty of laughs and give everyone a feeling of accomplishment.

CHOOSE YOUR EXPERIENCE...

AERIAL FLOW

Fun aerial yoga poses & relaxation

AERIAL RESTORATIVE

Rest & relaxation

AERIAL FITNESS

Strength & conditioning

AERIAL PLAY

Dance music & fun poses!

T: 30632025

E: hello@bendandfly.com.au

A: 1/208 Montague Rd, West End

BEND+FLY

www.bendandfly.com.au

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PRICING + HOW TO BOOK

ALL OCCASSION - 60 MINS

An all levels class suitable for all occasions - featuring a taster of all things that people love about aerial yoga - time to stretch, fun inversions and deep relaxation to complete the class.

\$240 3 - 4 People
\$300 up to 10 People
\$400 up to 19 People

*FOR 1ON1 OR DUO AERIAL SESSIONS [CLICK HERE](#)

1. CONTACT US TO CONFIRM THE TIME OF YOUR BOOKING

2. PAY \$90 DEPOSIT TO SECURE BOOKING

BOOK HERE

3. WE WILL CREATE AN EVENT LINK FOR YOUR GROUP TO BOOK

4. BALANCE IS DUE AT LEAST 2 DAYS PRIOR

Collective payment via credit card or direct deposit - See FAQs

CELEBRATION EXPERIENCE - 90 MINS

An all levels extended class for special celebration experiences like hens parties and birthdays! We can tailor the experience to suit the occasion including music playlists, poses and hammock colour!

\$320 3 - 4 People
\$400 up to 10 People
\$500 up to 19 People

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F A Q

Q. CAN THE DEPOSIT BE PAID BY DIRECT DEPOSIT?

Yes. The deposit, but not individual payments. Deposit it to:
Warrior One P/L BSB - 084929 AC - 338972624
Use the booking name as the remittance advice.

Q. DOES EVERYONE NEED TO PRE-REGISTER?

Yes. We provide you with an event link where all your guests will pre-register and book into the event. Due to time constraints we do not take registrations on the day of the event.

Q. IS THERE A WEIGHT LIMIT?

No. The hammocks are weight rated to approximately 400kg. The main weight consideration is more relating to health considerations (below)

Q. WHAT HEALTH CONSIDERATIONS ARE THERE?

Aerial Yoga is not suitable for pregnancy, glaucoma sufferers, anyone who has recently had facial or major surgery and those who those that suffer from high blood pressure. Please contact the studio if you are unsure of your or one your groups medical suitability.

Q. IS THERE ANY AGE RESTRICTIONS?

Yes. We do host kids events from ages 7+ and encourage Family Groups of ages above 7. If you're hosting an all-ages event, for the enjoyment of all we recommend ages 13+ (with a guardian) and 15 without. There are no other age restrictions, but please see health considerations (above)

Q. IS IT FOR BEGINNERS?

Yes! Anyone can participate from pure novice to expert!

Q. WHAT SHOULD I EAT BEFORE HAND?

Eat something light for energy, but not a large meal within 2 hours of class.

Q. WHAT IF WE GO INTO LOCKDOWN?

If covid restrictions mean that your event can't go ahead as planned, we will reschedule your booking to a new date! We will contact you if this happens to find a new suitable time after restrictions have lifted.

Q. IS THERE PARKING?

Yes. Parking is available at PENSAR- 8 Hockings St West End (on the corner of Montague Rd and Hockings St) and it is open from 4pm weeknights and all weekend. Other times there is plenty of street parking, free before 7am and after 7pm weekdays and all weekend.

Q. WHAT DO I WEAR/BRING?

- Wear a t-shirt with sleeves for hygiene and to avoid chafing
- Wear 'grippy socks' (we sell socks from \$12)
- Don't wear makeup (it stains the hammocks)
- Don't wear jewellery (it tears the hammock)
- Don't wear clothing with zippers (it tears the hammock)
- Yoga mat is optional

Q. WHEN DO I ARRIVE?

Make sure your group arrive a little earlier (10-15mins) so we can welcome you and set your group up in their hammocks.

Q. WHAT IS YOUR CANCELLATION POLICY?

If you need to cancel your booking, please contact us as least three days prior. Shorter notice may forfeit your payment balance. Please note that deposits are non-refundable but can be transferred to a new booking or account credit.

for any other questions, don't hesitate to contact us!

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