

BODY&MIND FITNESS & AERIAL STUDIO



2026 PARTIES

BUILD YOUR PARTY
EXPERIENCE



Bachelorette Parties
Birthday Parties
Team Buildings
Girl's Night Out

Studio Location:
Waterkloof Glen

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STANDARD PARTIES

Budget Friendly | Perfect for Medium Sized Groups | Covers the Basics

Enjoy any one of our standard party setups, and be sure to show your girls a great time!

Choose one of these party types;

- Pole Party
- Aerial Yoga Party (6 Guests)
- Burlesque
- Chair Dance Party
- Belly Dance Party
- Line Dance Party
- Striptease Party



Standard Parties

Standard Parties Include;

- Bottle of Shots or Bubbles
- Photobooth Props
- Ice Breaker Game
- Workshop of choice
- Celebratory Sash

Total Party Time: 90min

Extra Studio Time: 30min before and after party

Party Investment:

R2300 in studio (up to 10 guests)

R3000 at your Venue (up to 20 guests)

Extra guests are charged at R120 extra per head



COMBO PARTIES

Best of Both Worlds | Perfect for Larger Sized Groups | Covers the Basics

Combo Parties are designed to accommodate larger groups or groups who want to enjoy two workshop styles - guaranteeing a party worth chatting about!

Choose TWO of these party types;

- Pole Party
- Aerial Yoga Party (6 Guests)
- Burlesque
- Chair Dance Party
- Belly Dance Party
- Line Dance Party
- Striptease Party



Combo Parties



Combo Parties Include;

- Bottle of Shots or Bubbles
- Photobooth Props
- Ice Breaker Game
- Two Workshops of choice
- Celebratory Sash

Total Party Time: 120min

Extra Studio Time: 30min before and after party

Party Investment:

R2900 in studio (up to 10 guests)

R3300 at your Venue (up to 20 guests)

Extra guests are charged at R120 extra per head

PREMIUM PARTIES

Complete Experience | Stress Free Option

We know just how much hard work, time and effort go into hosting the perfect party or event! The good news is that we can take some of the pressure off you! We now offer a premium services to take the stress off hosting the best party ever!

Choose a Party Theme;

- Princess Bride (Pole/Burlesque)
- Neon Glow Party (Pole)
- OM in Love (Aerial Yoga)

Premium Parties Include;

- A Bottle of Themed Drink
- Photobooth Props
- Balloon Arch & Backdrop
- Themed Experience
- Ice Breaker Game
- Gifts for each guest
- Celebratory Sash
- Workshop

Total Party Time: 90min

Extra Studio Time: 30min after party

Party Details;

- Up to 10 guests (R120 per extra head)
- Prices listed individually below



Premium Parties



PRINCESS BRIDE

WHAT'S included;

- Balloon Arch & Backdrop
- Photo Booth & Props
- Red Carpet EXPERIENCE
- x1 Bottle Sparkling Wine
- Party Gifts for all ladies (Flower Crowns)
- 60min Pole OR Burlesque Workshop
- Celebratory Sash
- Ice Breaker Game

Only at Waterkloof Glen
R3200 for up to 10 guests



NEON GLOW

WHAT'S included;

- Balloon Arch & Backdrop
- Blacklights
- Photo Booth & Props
- Glow Paint EXPERIENCE
- x1 Bottle of Shots
- Party Gifts for all ladies (Glow Accessories)
- 60min Pole Workshop
- Celebratory Sash
- Ice Breaker Game

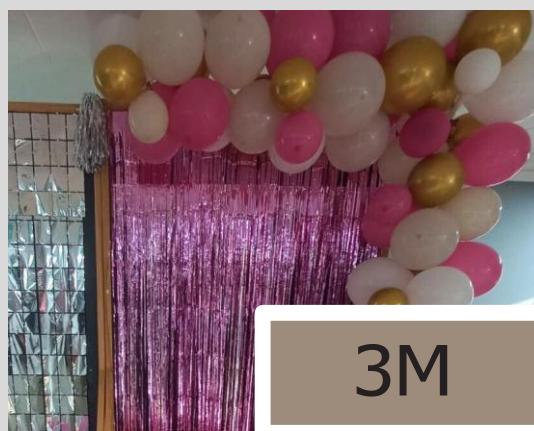
Only at Waterkloof Glen
R3500 for up to 10 guests

PARTY ADD ON'S - BALLOONS



2M

2 meter long Balloon Arch.
Choose up to 2 Colours
Includes foil backdrop
R900
Add Feature Balloons
for R200



3M

3 meter long Balloon Arch.
Choose up to 3 Colours
Includes foil backdrop
R1300
Add Feature Balloons
for R300



4M

4 meter long Balloon Arch.
Choose up to 4 Colours
Includes foil backdrop
R1700
Feature Balloons
Included



TABLE

x2 Table Balloon
Bouquet's.
Choose up to 2 colours
R500
Add a Feature Balloon
for R100

PARTY ADD ON'S - CAKES



CAKE

Enjoy a Designer Cake to your specifications.
Starting from R800

Lead Time - 3 Weeks



CUPCAKES

Opt for a dozen designer cupcakes.

Starting from R500

Lead Time - 3 Weeks

VERY HAPPY LADIES!



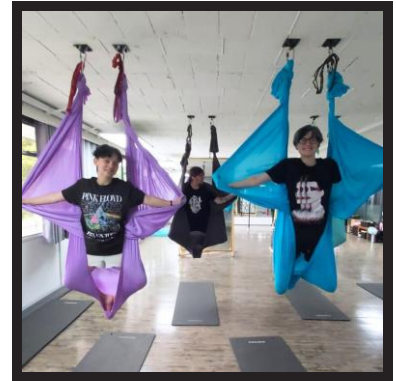
Jessica

Thank you so much for everything♥ Such a great idea for a bachelorette The bride LOVED it!



Divine

I could not be happier with the experience that we had!



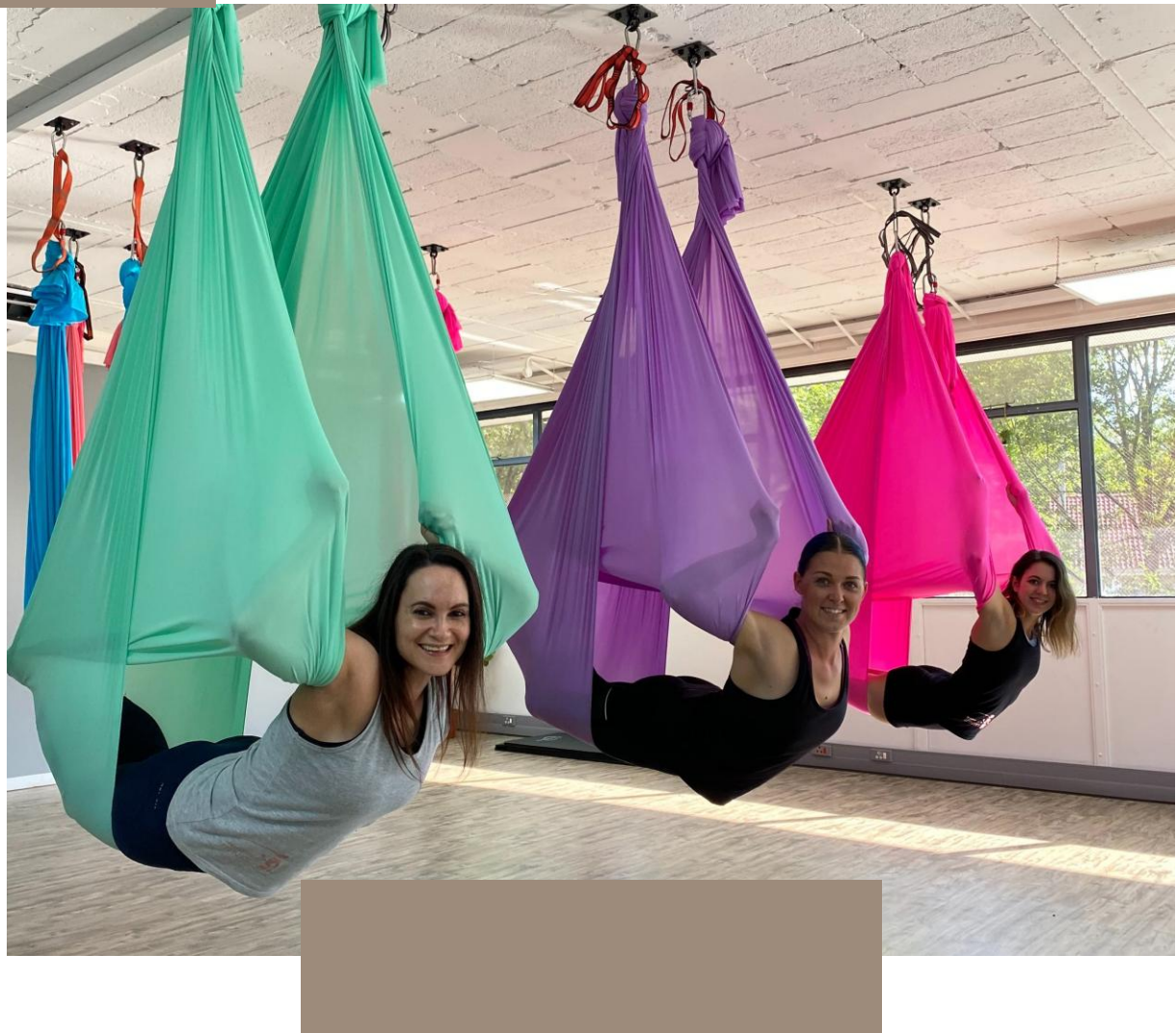
Carli

Lovely energy and trained fun that I want to introduce everyone in my life to!



Reviews

THANK YOU



Don't Hesitate to contact us to book your next party!!

We do our best to provide a custom and unique experience.
Certain Terms and Conditions do apply to all bookings.

CONTACT US



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