



HYPE
FITNESS

FEEL
GOOD
FITNESS

Private events
& parties



Jump around

- ✔ AcroBeats
Bungee Fitness
- ✔ Aerial Hoop,
Silks and more!
- ✔ Pole Fitness
and Dance
- ✔ Boogie Bounce
Trampolines
- ✔ Dance & Heels
confidence
workshops

Welcome to HYPE

We are a boutique fitness studio with classes and experiences led by some of the best and most qualified instructors in London. We offer unusual, exciting and bespoke experiences in our beautiful premises in Sutton.

If you're looking to book a birthday party, hen do, celebration, team building work event or just a fun get-together with friends, we can build you a bespoke experience like no other.

Find more information here about our experiences, but if there's something extra you'd like, just let us know!

Contact Us

www.hype-fitness.com
0208 915 0846

78-82 Lind Road
Sutton
SM1 4PL



Our Studios

- 2 beautiful studio spaces
- Reception area with seating
- Shower & space to change

We aim to be as inclusive and accessible as possible in all our classes, and welcome all people of any gender, age, size, shape, ability and fitness level.

We will make sure you feel comfortable, welcome and completely at home at HYPE so you can enjoy your special event.





AcroBeats Bungee Fitness

Feel weightless as you fly through the air in this fun and exclusive class to HYPE Fitness. Push yourself out of your comfort zone whilst having a great time. Bounce, swing and jump in this fun-packed class, that encourages you to be brave and adventurous. We guarantee that you'll leave this session with a smile!

AcroBeats is the perfect activity for lots of fun and laughs, to get some great photos and memories of your experience, but to also leave with a great sense of achievement.

We can rig up to 7 harnesses in our studio space, but if your group is larger, we can split the session into sections to include more people!

Our harnesses can fit a range of sizes from a UK women's size 8-18. Our Bungee systems can support weights up to 16 stone, but we can also accommodate higher weights by adding further bungee resistance. If any of your party requires a larger/smaller harness or needs a higher bungee resistance, please let us know at the time of your booking.

- ✓ For adults aged 16 years +
- ✓ All fitness levels welcome
- ✓ Group size: up to 7 harnesses but larger groups can be accommodated



AcroBeats Pricing

2 people	£50
3 people	£100
4 people	£115
5 people	£130
6 people	£145
7 people	£160
up to 14*	£300

Bookings are normally 1hr long.

*Fixed pricing for up to 14 people as this is extended to 2hrs to accommodate for larger groups

[Click here to book!](#)

Or scan the QR code 





- ✔ For adults or children aged 7 years +
- ✔ All fitness levels welcome
- ✔ Group size: up to 8 for Aerial Yoga and 10 for Hoop/Silks

Aerial Hoop, Silks and Yoga

Immerse yourself in a world of strength and artistry with an aerial group event. You'll get a unique and exhilarating fitness experience that challenges both your body and mind whilst discovering the joy of expressing yourself through fluid movements, spins, poses, and breathtaking transitions.

Our Aerial classes are suitable for all abilities. You can be a complete beginner, and you do not need to be strong or flexible as we'll work to your level.

Aerial Yoga: a more grounded class, perfect for building strength and flexibility with a fusion of aerial acrobatic moves, and finished with relaxation in the hammock

Aerial Hoop: feel like you've run away with the circus, learning to flip, spin and flow in the aerial hoop whilst bravely pushing yourself out of your comfort zone

Aerial Silks: a slightly more challenging class mentally and physically, learn to gracefully maneuver and create beautiful shapes and sequences on the fabric whilst off the ground



Aerial Pricing

2 people	£50
3 people	£100
4 people	£115
5 people	£130
6 people	£145
7+ people*	£160

*Maximum 8 people for Aerial Yoga, and maximum 10 people for Aerial Hoop or Silks

Bookings are 1hr long. For larger group sizes, we can build you a custom quote

[Click here to book!](#)

Or scan the QR code 





Pole & Choreography

Pole classes are a unique and empowering workout experience that promotes physical fitness, flexibility, coordination, and self-confidence. Learn spins, holds, and transitions, hand grips, and foot placement on the pole, and come away feeling strong, sexy and empowered!

Our Pole classes are suitable for all abilities. You can be a complete beginner, and you do not need to be strong or flexible as we'll work to your level.

You can choose to have a pole fitness based class which focuses on tricks, flow and transitions or you can learn choreographed dance routines that incorporate various pole moves and floorwork (including optional heels). Choreography sessions combine fluid movements, spins, climbs, poses and maybe some twerking to create a fun and sexy routine that you can't wait to show off. All are classes are about celebrating and embracing your body, and boosting your body confidence.

- ✓ For adults aged 16 years +
- ✓ All fitness levels welcome
- ✓ Group size: up to 10 for fitness and up to 9 for choreography



Pole Pricing

2 people £50

3 people £100

4 people £115

5 people £130

6 people £145

7+ people £160

*Maximum 9 people for
Choreography, and maximum 10
people for Pole Fitness

Bookings are 1hr long. For larger
group sizes, we can build you a
custom quote

[Click here to book!](#)

Or scan the QR code 





Dance & Heels Confidence

Feel like Beyonce in our dance and heels confidence classes where you'll learn to strut, shake and shimmy. Embrace your inner diva, let your hair down and celebrate your body in this confidence-boosting experience. You'll come away with new moves that you can't wait to show off next time you hit the dance floor!

Our dance classes are suitable for all abilities. You can be a complete beginner, and you do not need to be good at dancing or flexible as we'll work to your level.

We can offer a variety of classes depending on your preference. Choose from commercial style, twerkshop, heels, floorwork and even chair routines! We can work with up to 15 people for a chair based routine, or up to 25 people for everything else. Heels can be worn in some class styles such as the twerkshop or chair routines too, but they are not compulsory and you can stick to trainers if you prefer. Just let us know what you're after when you book, and we'll build the entire experience around you!

- ✔ For adults aged 16 years +
- ✔ All fitness levels welcome
- ✔ Group size: up to 15 for chairs, and up to 25 for dance



Dance Pricing

£15 per person*

*Minimum 4 person
(£100) booking for all
group dance events

Bookings are 1hr long

[Click here to book!](#)

Or scan the QR code 





Boogie Bounce (BBX)

Boogie Bounce is a danced inspired, choreographed, training concept, which uses a mini trampoline and gravity as resistance. This gives a fun and different High Intensity Interval Training (H.I.I.T) based workout which is incredibly effective and efficient at burning fat, while protecting the joints in a low impact class.

Our BBX classes are suitable for all abilities. You do not need to be super fit before joining in as you can go at your own pace, plus our trampolines are suitable for weights up to 26 stone.

There is something magical about bouncing on a trampoline. Children find it incredibly engaging, and they want bounce all day long. Once you get them started they will be bouncers for life, and our BBX sessions are perfect as a birthday party option for your child and all their friends. We can adapt sessions for children to include routines, games and challenges to keep them entertained for the whole session.

- ✔ For adults or children aged 4 years +
- ✔ All fitness levels welcome
- ✔ Group size: up to 20 adults or children



BBX


Pricing

£200 package

Bookings are 1hr long

Group booking size: up to 20 adults or children

[Click here to book!](#)

Or scan the QR code 





And some added extras...

To make your experience as special as possible, we can add in plenty of extras to build your bespoke event:

- Extra time in the studios/reception area for cake and celebrations*
- Glass of prosecco or orange juice for all guests
- Projector and seating for any work presentations as part of training or team building exercises you would like to run

Plus plenty more! Just add in your extras on your booking form and if we can accommodate your requests, we will quote you for any extras to your package.

*We can allow for a cake to be brought in for parties, but please note that you must provide any plates, cutlery etc and clear up. We have a small kitchenette area for this. We sadly do not allow any party food/catering to be consumed at the studios but we can recommend places to book for eating after!

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