



VOLARE FITNESS ENQUIRY INFORMATION

Thank you for your Enquiry to Volare Bungee Fitness, here is “*where movement takes flight*”

The following information answers most FAQs, but please do not hesitate to enquire further should you require more information.

Demo Classes

- Book your Demo via our Sweet Space app link in our Facebook/Instagram BIO or with Adele via 0638222275. Either way you will be required to secure your booking with an EFT payment
- Cost is R150 per person (payment will be required on the sweet space app to book your spot or an EFT payment if you book with Adele via WhatsApp).
- Each person is required to sign an Indemnity Form –this will be sent on confirmation of your booking
- Demo Classes take place on a Saturday Afternoon 14:00-14:55|15:00-15:55
- Wear Gym attire, bring a water bottle and a sweat towel
- No shoes are allowed, so either barefoot or nonslip socks
- There is a weight limit of 110kgs
- The class can accommodate up to 7 people so booking is essential

Monthly Class

- Members must please download the Sweet Space App, pay their membership via the App and book their sessions
- It is advised to attend a demo class first
- Minimum monthly contract R480 for 4 classes a month –one class a week (please enquire for more packages). These classes are ONLY from Mon-Fri.
- A Membership information form, an Indemnity form and a Contract need to be signed
- There is a weight limit of 110kg
- There is a R200 once off Registration Fee



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Class Times

- Mon – Fri: 6am – 6:45am, 16:15-17:00, 17:15-18:00 and 18:15– 19:00 (**PLEASE NOTE THERE IS ONLY A 16:15 CLASS ON A TUESDAY**)
- Saturdays are not included in the monthly class contract (however you can book an additional class depending on availability at an extra cost of R180, booking is essential for this)
- Saturday classes are now offered on a separate contract – R550 per month for 4 Saturday classes. These classes are at 08:00-08:45 | 13:00-13:45 | 16:00-16:45
- Sunday classes are now offered on a separate contract – R550 per month for 4 Sunday classes. These classes are from 09:00-09:45 | 10:00-10:45

Team builds, Adult Adventures and Kids/Teenagers parties/adventures

- Such functions can be booked for a Saturday.
- Timeslot – please enquire for further details as there are different packages available.
- Max of 7 people per group (there is an Adult individual weight restriction of 110kg)
- A larger group can be accommodated however the group will have to take turns within the arranged timeslot
- Cost – please enquire as cost is based on different packages available.
- Booking must be made at least 3 weeks in advance of the date required for the function.
- An indemnity form needs to be signed by each person, or a Once Off Session Booking Contract can be signed by the Requestor of the function (this person then takes liability for the group)
- For kids parties the parent/s arranging the party will sign the relevant contract and indemnity. The minimum age is 6 and maximum age is 12. Teenagers from the age of 13 and up must arrange a separate function and cannot be included with the children 12 and under – please contact Adele for further details on this.



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