



Boutique Fitness

Wellness &
Lifestyle Events





A Bit About Us

Vita Boutique Fitness was born from the belief that pleasure from the simplest moments we share with the people we love is what makes life truly special.

Our Sloane Square location boasts six floors of luxury studios perfect for all sorts of intimate and bespoke wellness-inspired events. Our specialty coffee shop on the ground floor of the building allows us to provide healthy catering for events with or without privatisation of the café space.

This location, coupled with our luxury appeal and sense of community, attracts an affluent and engaged customer base making us a ideal company to partner with for brand activation, product launches, pop-ups and exhibitions.

Bright and Beautiful Studios and Café





Wellness-Inspired Corporate Events

If you are looking for a unique experience for your Team Away Day or to impress your corporate guests we can deliver the ultimate wellness-inspired event.

We specialize in small, boutique style events but have the flexibility to host large parties. From team building sessions for Vogue magazine and leading investment banks to product launches for fashion and luxury brands, hospitality events for the high-end travel market and investor presentations for tech companies, we have an excellent track record for delivering memorable corporate events to suit all budgets.

Puppy and Kitten Yoga

Everyone loves puppy and kitten kisses! This event is the perfect combination of a good stretch, followed by playtime with your new favourite furry friend.

Whether it's a birthday, corporate event, product launch, or team building our puppy and kitten yoga is always a crowd pleaser that leaves a smile.



Garden & Street Party Events

Vita also offers a travel coffee van for on the go events. Our italian Ape mobile coffee van is sure to have your party turning heads.

From the van we can serve our special italian coffee as well as the finest drinks and a selection of delicious wraps, sandwiches, salads, snacks, and treats.

Our travel van is guaranteed to take your garden or street party event to the next level.



Vita Cafe

Seating up to 20, Vita Cafe specializes in authentic Italian coffees, superfoods and guilt-free treats. The Cafe also accommodates dietary restrictions, offering gluten free, vegan and vegetarian options.

For events, the Cafe is capable of curating a unique menu to satisfy every palate. Whether it's "grab and glow" bags, a seated meal or a standing aperitif, the cafe can be partially reserved or fully privatized to meet your needs.



Sample Menus

BRUNCH FOOD & NIBBLES

SELECTION OF DODDNESS BOWLS (GF) (VE)

Tahini & Cacao overnight oats / Passion Fruit & Mango Chia pot / Yogurt, Berries & Granola

SELECTION OF VEGAN CROISSANTS (VE)

Multi-cereals and raspberries/ chocolate / plain

TOASTED BANANA BREAD WITH ASHWAGANDA & NUT BUTTER (VE)

SELECTION OF SWEET HEALTHIER TREATS (GF) (VE)

Salted Caramel Brownies / Coconut & Almond Fritters / Cranberries Energy Balls

HUMMUS & CARROTS (GF) (VE)

SMASHED AVOCADO & CHIA SEEDS CRACKERS (GF) (VE)

SELECTION OF SAVOURY NIBBLES (GF) (VE)

Nocellara Green Olives/ Freeze Dried Broccoli / Sweet and Savoury Nuts Mix

SELECTION OF FEEL-GOOD WRAPS

Salmon & cream cheese/ hummus & roasted vegetables/ Tuna & capers mayo

SELECTION OF ITALIAN FOCACCIAS

Ham & Cheese/Ricotta & Speck

SELECTION OF MINI-QUICHES

Tomato & basil/ Mushrooms & Cheddar/ Onions & Chives

DRINKS

SELECTION OF HOT DRINKS & FUNCTIONAL LATTES

Coffee & tea selection/ Mushroom latte/ Match Latte/ Spinulina Latte/ Lavender Latte

SELECTION OF FRESH JUICES & SUPERFOOD SMOOTHIES

Immunity / Detox / Revive / Green Haven / Pink Crush

AFTERNOON TEA FOOD

SELECTION OF VEGAN CROISSANTS WITH FROZEN YOGURT (VE)

Multi-cereals and raspberries/ chocolate / plain

SCONES WITH RASPBERRY JAM (VE)

SELECTION OF SWEET HEALTHIER TREATS (GF) (VE)

Salted Caramel Brownies / Coconut & Almond Fritters / Banana Bread

SELECTION OF FEEL-GOOD SANDWICHES

Salmon & cream cheese/ hummus & roasted vegetables/ Tuna & capers mayo

DRINKS

TEA

Selection of black, green and herbal tea

SELECTION OF FRESH JUICES

Immunity / Detox / Revive /

APERITIF FINGER FOOD & NIBBLES

SELECTION OF NIBBLES (GF) (VE)

Nocellara Green Olives/ Freeze Dried Broccoli / Nuts Mix

HUMMUS & CARROTS (GF) (VE)

SMASHED AVOCADO & CHIA SEEDS CRACKERS (GF) (VE)

SELECTION OF MINI-QUICHES

Tomato & basil/ Mushrooms & Cheddar/ Onions & Chives

SELECTION OF FEEL-GOOD WRAPS

Salmon & cream cheese/ hummus & roasted vegetables/ Tuna & capers mayo

SELECTION OF ITALIAN FOCACCIAS

Ham & Cheese/Ricotta & Speck

MEDITERRANEAN SALAD (VE)

Rice, Roasted Aubergines, Lentils, Crunchy Onions, Rocket with black garlic and tahini dressing

SUNSET SALAD (GF) (VF)

Quinoa, Roasted Peppers, Pistachios, Pine nuts, Pomegranate, Rocket with tangy vinaigrette dressing

SELECTION OF SWEET HEALTHIER TREATS

Banana Bread/Brownies/Lemon Poppy Seeds Cupcakes/Energy Balls

DRINKS

SELECTION OF ALCOHOLIC DRINKS

Greco di Tufo D.O.C.G. White Wine / Piedirosso Roccamarefina I.O.T. Red Wine / Moretti beer

SELECTION OF NON-ALCOHOLIC DRINKS

Still & Sparkling water / Crodino / Chinotto

Sunrise Studio 1st Floor

Ideal for cocktail
receptions, private
dining, brand and
product launches,
photoshoots, and small
parties.

Max Capacity:
Standing: up to 30
Sitting: up to 24



Bliss Studio

2nd Floor

Ideal for larger gathering, corporate presentations, workshops, dance parties, sound baths and meditation.

Max Capacity:
Standing: up to 50
Sitting: up to 40
Fitness activity: 20



Light Loft 4th Floor

Ideal for yoga based classes, puppy and kitten yoga, ballet workshop, meditation, energy and crystal healing sessions and women circles.

Max Capacity:

Standing: up to 30

Sitting: up to 24

Fitness activity: up to 16



Our Event Packages

We offer numerous packages customizable to the needs and desires of your group.





Private Dining

Treat your guests.

Whether you're interested in a breakfast, brunch or lunch option, the Cafe has a deliciously healthy menu sure to delight all your guests, accommodating any dietary restrictions. Upon request, the Cafe can also create a bespoke menu to match the theme of your event.

Hosts from 20 people seated in the Cafe or Sunrise Studio up to 40 people sitting in the Bliss studio. Standing reception-style catering for up to 50 people can also be organized in the Bliss studio.

This is the ideal option to enjoy the company of your guest in a private dining setting.

Starting at £600

Fitness Packages

Bring enthusiasm and energy to your day with a class that exercises your mind and body. Whether taking a dynamic pilates or flow yoga class, we invite your group to appreciate all the strength and flexibility your bodies offer you.

Fitness Combo - for up to 20

Includes 1 hour reformer pilates class for 8 in the Bliss studio, simultaneous with a mat based class for 12 in the Light Loft, as well as a 1 hour Cafe experience.

Choose 1 of the following for your Light Loft class:

- Yoga
- Barre
- Dance
- Mat pilates
- Ballet

Starting at £980

Double Reformer - for up to 16

Includes use of Bliss and 3rd floor studios for two simultaneous 1 hour reformer pilates classes and a 1 hour Cafe experience.

Starting at £785

Mindfulness Package - up to 20

Take your group to rest and reset.

Perfect for refocusing the mind, take a moment to step back and recenter. These classes will balance the mind and nourish your soul leaving you feeling fresh and ready for new challenges.

Includes use of Light Loft or Bliss Studio for a 1 hour long class of your choice and catering from the Cafe.

Choose 1 of the following for your class:

- Sound bath
- Gong bath
- Meditation
- Crystal and energy healing

Starting at £1200 or
£1500 with use of Cafe space

Puppy or Kitten Yoga - up to 16

Our most playful package.

An absolute winner for every event! From brand activation, and even birthday parties nothing beats enjoying a deep stretch and moment to yourself before unwinding with the cutest pets around.

Includes use of Light Loft for 1 hour of yoga and play time with your new four-legged friends, plus catering from the Cafe.

Starting at £1200 or
£1500 with use of Cafe space



Workshop Package - up to 40

Where serenity meets productivity, use one of our studios as a workshop space to give your guests a break from the day to day and into a new headspace.

Includes use of Bliss Studio or Light loft for a minimum of two hours workshop and catering served either seated in the cafe or in lunch boxes to be enjoyed during the workshop.

This package is ideal for book launches, panel talks, corporate presentations and practical workshops. The studio can be reserved for the whole day, branded and furnished according to your event requirements.

Starting at £750

Team Away Day Packages

Experience the Vita way with one of our two team away packages. Engage your team in collective focus through synchronous movement, group mindfulness, and workshops in an environment that fosters teamwork, camaraderie and growth.

Fitness + Workshop

Includes 1 hour of fitness class for up to 16 followed by breakfast and use of Light Loft as a workshop space for up to 4 hours, plus 1 hour lunch in the Cafe.

Choose one of the following for your fitness Class:

- Reformer pilates
- Mat pilates
- Yoga
- Barre
- Dance
- Ballet

Starting at £2500

Fitness + Workshop + Mindfulness

Includes 1 hour of fitness class for up to 16 followed by breakfast and use of Light Loft as a workshop space for up to 6 hours, plus 1 hour lunch in the Cafe and 1 mindfulness class to end the day on a high!

Choose 1 from:

- Reformer pilates
- Mat pilates
- Yoga
- Barre
- Dance
- Ballet

Choose 1 from:

- Sound bath
- Gong bath
- Meditation
- Crystal Energy healing
- Kitten/Puppy yoga

Starting at £3000

A Few of Our Past Events

Vita has hosted a variety of successful events with various national and international companies. Through these successful events we've secured lifelong clients and built sensational rapport.



Nike

Vita hosted a wellness event for Nike in occasion of International Women's Day. There were a mix of dance, breathwork, and mindfulness workshops, followed by brunch for participants to get to know each other better. Nike by the King's Road members and guests were encouraged to build confidence, radiate good vibes, and promote body positivity in an inspiring and intimate environment.



Krumbled Foods

Krumbled Foods is an Australian brand leader in the health conscious snack market. They specialise in Beauty Bites, infused with collagen peptides to promote skin health and anti-ageing. In spring of 2022, Vita hosted a wellness event for the official Krumbled Foods launch in the UK. The event featured a couple of yoga flow sessions followed by breakfast and a brief presentation of their products in which social media influencers, media, and buyers were able to meet the founder, view the products, and learn more about the brand.



MZ Skin

MZ Skin is a high-end UK based skincare line created by Dr. Maryam Zamani. Vita hosted an event with MZ skin in the spring of 2022 in occasion of Stress Awareness Month. MZ Skin was able to invite beauty media and influencers to an urban retreat morning of wellness, comprising of a dynamic yoga flow, a talk on mindfulness, and a gong sound meditation session.



Chiara BCN

In 2022 we hosted a pop-up for Chiara BCN, a luxury Italian jeweller specialising in unique, handmade pieces. The designer utilized our retail area on the ground floor to set up a beautiful display of her products and create an intimate, yet busy, space. Clients were able to learn the story behind her unique pieces, view, and purchase the items. From both a brand awareness and sales perspective, the three day long event was such a huge success that Chiara BCN visited two more times.





Please contact
federica@vitaboutiquefitness.com
to create tailor-made wellness and
lifestyle experiences for you and
your guests.