



SINGITA

WELLNESS

MARCH 2019

To reserve a spot: hello@singitawellness.com • 438.5577 • Walk-ins Welcome

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am				Vinyasa Flow/Judith	Yoga Alchemy/ Natasha		
8:30am						Bums n Tums (RWM Members) Michelle	Circuits/Michelle
9:30am		Yoga/Tiffany	Body Sculpt & Core/Michelle	Ballet Barre/ Michelle	Full Body Workout/Michelle	Yoga/Tiffany	Pilates/Liz
10:30am		Pilates/Michelle	Yoga/Tiffany (RWM Members)				
11:30am/ *(12:30)			Bowspring/Kaya		Pilates/Liz *(12:30)		
5:00pm				Athletic core/ Michelle (RWM Members)			
5:30pm		*Yin Yoga/Judith					
6:00pm				Dance Fusion/ Tanisha (*monthly)			
6:15pm		Gong/Gay					

*LADIES NIGHT OUT – WEDNESDAY 6PM December 12, January 9, February 13, March 13 and April 10.
DANCE CLASS WITH TANISHA, then enjoy bubbles and canapés by the pool afterwards. \$75 and sign up required.

*The Yin Yoga and Gong Combo MONDAY 5:30pm – 7:15pm • 7th January • 4th February • 11th March