



SINGITA

WELLNESS

MAY 2019

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am						Bums n Tums/ Ivana	Circuits/Michelle
9:30am		Yoga/Tiffany	Body Sculpt & Core/Michelle	Ballet Barre/ Michelle	Interval Training Workout/Michelle	Yoga/Tiffany	Pilates/Liz
10:30am		Core & Stretch/ Michelle	Yoga/Tiffany	*Ballet Barre/ Michelle (May 22 start)		*Ballet Barre/ Michelle (May 22 start)	Ballet Barre/ Michelle
11:30am/ *(12:30)			Bowspring/Kaya		Pilates/Liz *(12:30)		
5:30pm		Yoga/Judith (May 6 only)					
6:15pm		Gong/Gay (May 6 only)					

* MAY 22 START – BALLET BARRE – 4 WEEK REGISTRATION

\$40 BDS DROP IN FEE • SUMMER SPECIAL \$300 – 10 CLASS PACK

50% OFF 3 MONTH MEMBERSHIP • UNLIMITED CLASSES AND GYM

OFFER EXPIRES JUNE 8TH 2019