



# SINGITA

## WELLNESS

JULY 2019

To reserve a spot: [hello@singitawellness.com](mailto:hello@singitawellness.com) • 438.5577 • Walk-ins Welcome

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am						Bums n Tums/ Michelle	Circuits/Michelle
9:30am		Yoga/Tiffany	Body Sculpt & Core/Michelle	Ballet Barre/ Michelle	Interval Training Workout/Michelle	Yoga/Tiffany	Ballet Barre/ Michelle
10:30am		Ballet Barre/ Michelle					
11:30am			Bowspring/Kaya				
12:30pm					Pilates/Michelle		

\$40 BDS DROP IN FEE • SUMMER SPECIAL \$300 – 10 CLASS PACK  
ENQUIRE ABOUT MEMBERSHIP OPTIONS • UNLIMITED CLASSES AND GYM