




SINGITA

WELLNESS

WINTER SCHEDULE 2019/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.30			Yoga/Pilates Fusion (Michelle)	Bums n Tums - RWM (Ivana)	Circuits (Michelle)	
09.30	Yoga (Tiffany)	Pilates (Liz)	Ballet Barre (Michelle)	Bodysculpt and Core (Michelle)	Yoga (Tiffany)	Pilates (Liz)
10.30	Ballet Barre (Michelle)	Yoga - RWM (Tiffany)		Yoga Stretch (Anna)		Ballet Barre (Michelle)
17.45	Dance Fusion (Tanisha)		Gong Bath (Gay)	Yoga Flow (Jo)		

SPECIALS	<p>DANCE FUSION (Tanisha) Dec 9, Jan 6, Feb 17, Mar 16</p> <p>GONG BATH (Gay) Dec 11, Jan 8, Feb 12</p>	
-----------------	---	---

Walk ins welcome **Classes** - drop in \$40 / **Advance10** - sessions x10 \$350
 Unlimited monthly membership available.

RESERVATIONS **246 438 5577** hello@singitawellness.com www.singitawellness.com