



SINGITA

WELLNESS

DECEMBER 2019

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

SPECIALS

DANCE FUSION (Tanisha) Dec 9, Jan 6, Feb 17, Mar 16
GONG BATH (Gay) Dec 11, Jan 8, Feb 12



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**