



SINGITA

WELLNESS

WINTER 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.30	Yoga Core (Tiffany)		Yoga/Pilates Fusion (Michelle)	Bums n Tums - RWM (Michelle)	Circuits (Michelle)	
09.30	Yoga (Tiffany)	Cardio Dance (Michelle)	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)
12.30		Pilates (Liz)				
17.45	Dance Fusion (Tanisha)		Gong Bath (Gay)	Ballet Barre (Gail)		

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**