



# SINGITA

## WELLNESS

FEBRUARY 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.30			Yoga/Pilates Fusion (Michelle)	Bums n Tums - <b>RWM</b> (Michelle)		Yoga (Angelica)
09.30	Yoga (Tiffany)	Zumba (Tanisha)	Ballet Barre (Michelle)	Bodysculpt and Core (Michelle)	Yoga (Tiffany)	Pilates (Liz)
10.30	Ballet Barre (Michelle)	Yoga - <b>RWM</b> (Tiffany)		Super Stretch (Tanisha)	Circuits (Janine)	Ballet Barre (Michelle)
11.30		Bowspring (Kaya)				
12.30		Pilates (Liz)				
17.15	Meditation & Spiritual lesson					
17.45			Gong Bath (Gay)			

### SPECIALS

**BOWSPRING** is a 4 week registration class starting Jan 28  
**GONG BATH** (Gay) Feb 12, Mar 11 **MEDITATION & SPIRITUAL LESSON** 4 week Registration starting Feb 17



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**