



SINGITA

WELLNESS

MARCH 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08.30			Yoga/Pilates Fusion (Michelle)	Bums n Tums - RWM (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 - RWM (Tiffany)		Super Stretch (Tanisha)	Circuits (Janine)	Ballet Barre (Michelle)
11.30						
12.30		Pilates (Liz)				
17.15						
17.45			Gong Bath (Gay)			

SPECIALS	GONG BATH (Gay) Mar 11
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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