



CORPORATE CLASSES & WORKSHOPS

Sambaliscious Corporate classes are about engaging your staff in activities to enhance health, wellness, fitness and team morale.

CORPORATE

CORPORATE CLASS

SAMBALISCIOUS CORPORATE CLASSES ENGAGE YOUR STAFF IN ACTIVITIES TO ENHANCE HEALTH, WELLNESS, FITNESS AND TEAM MORALE.

Our flexible programs are suitable for all ages, levels of fitness, injuries and health concerns. Sessions can be held before, during or after work.

CLASS PRICE:

\$250 + GST

CLASS DURATION:

45 Minutes

CLASS STYLE:

- Yoga
- Dance
- Pilates
- Group Training
- Relaxation

CORPORATE

TEAM BUILDING & WORKSHOPS

SAMBALISCIOUS OFFERS THE MOST PROFESSIONAL INSTRUCTION IN AN INSPIRING ENVIRONMENT FOR YOUR STAFF TO:

- Improve concentration, performance and team morale
- Decrease stress and enhance mind-body balance
- Improve posture, strength, flexibility and coordination

CLASS PRICE:

\$500+ GST per hr

CLASS DURATION:

Min 1 hour

CLASS STYLE:

- Mindful Yoga
- Body Awareness + Movement
- Interactive Percussion
- Lifestyle (Wellness, Fitness + Nutrition)

ENQUIRE ABOUT OUR CORPORATE AND TEAM BUILDING WORKSHOPS TODAY

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