

RICH LIFE STUDIOS  
CULLEN BAY



# Mums & Bubs classes

**MONDAY 10am - Pilates**

**WEDNESDAY 10am - Pilates**

**THURSDAY 10am - Tone & Shape**

**FRIDAY 10am - Yoga**

All classes included in membership (from \$23pw)  
\$15 for non-members



BOOK CLASSES  
ONLINE

1-3, 51 Marina Blvd, Cullen Bay  
[www.rlhf.com.au](http://www.rlhf.com.au)  
[info@rlhf.com.au](mailto:info@rlhf.com.au)

# RICH LIFE TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	
	<b>MORNING</b>						
6:30 AM		FUNCTIONAL FITNESS		MORNING YOGA			SILVER FITNESS
9 AM	SILVER CIRCUIT		SILVER CIRCUIT		SILVER CIRCUIT	FUNCTIONAL FITNESS	FITNESS
10 AM	MUMS & BUBS PILATES		MUMS & BUBS PILATES	MUMS & BUBS TONE & SHAPE	MUMS & BUBS YOGA	SLOW FLOW YOGA	YOGA
	<b>EVENING</b>						
5:15 PM	PILATES	ABSOLUTE ABS	FUNCTIONAL FITNESS	RIX KIX	ROLL & RELEASE		PRIVATE HIRE+
6 PM	FUNCTIONAL FITNESS (6:15PM)	BARRE	YOGA VINYASA	RIX KIX			
7 PM	BREATHWORK & MEDITATION (7:15PM)	BEGINNERS BACHATA	BEGINNERS KIZOMBA	RIX KIX			



BOOK CLASSES ONLINE

Membership Prices

12 months: \$23 pw / 6 months: \$26 pw / 3 months: \$29.50 pw / Casual visit: \$20

Seniors save 10%