

RICH LIFE TIMETABLE

MON

TUE

WED

THU

FRI

SAT

SILVER
FITNESS

MORNING

6:30 AM

FUNCTIONAL
FITNESS

MORNING
YOGA

FITNESS

9 AM

SILVER
CIRCUIT

SILVER
CIRCUIT

SILVER
CIRCUIT

FUNCTIONAL
FITNESS

YOGA

10 AM

MUMS &
BUBS
PILATES

MUMS &
BUBS
PILATES

MUMS &
BUBS TONE
& SHAPE

MUMS &
BUBS YOGA

SLOW FLOW
YOGA

MEDITATION

EVENING

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



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Membership Prices

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

Seniors save 10%