



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	SUNSET YOGA 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	STUDIO 1: RIX KIX	ROLL & RELEASE		DANCE PRIVATE HIRE*
6 PM	FUNCTIONAL FITNESS (6:15PM)	SUNSET YOGA STUDIO 1: BARRE	SUNSET YOGA	STUDIO 3: YOGA VINYASA (5:15PM)			 BOOK CLASSES ONLINE
7 PM	BREATHWORK & MEDITATION (7:15PM)	BEGINNERS BACHATA	BEGINNERS KIZOMBA				

Membership Prices

12 months: \$23 pw / 6 months: \$26 pw / 3 months: \$29.50 pw / Casual visit: \$20
Seniors save 10%

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Studios



Sunset Yoga Cullen Bay Beach \$10

Tuesday & Wednesday
6-7pm

BYO mat or \$5 hire



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