



RAVE RIDE

Unlimited
RAVE RIDE
Sessions
JUST \$24.95
per week!

www.raveride.com.au

RAVE RIDE is the ultimate spin class experience.

We have taken this concept found in some of the hottest European studios and made it our own unforgettable workout experience right here in Perth.

Rock out to music in the dark with jaw dropping beats and inspiring instructors in this amazing fun filled 45 minute, sweat dripping class! Immerse yourself in the energy around you as you become one with the bike.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	RAVE RIDE GRIT (with Shannon)	RAVE RIDE GRIND (with Yzzy)	RAVE RIDE GROOVE (with Addi)	RAVE RIDE GRIND (with Yzzy)	RAVE RIDE GROOVE (with Shannon)	
7am						RAVE RIDE GROOVE (with Addi)
8am						RAVE RIDE GROOVE (with Addi)
9.30am		RAVE RIDE GROOVE (with Shannon)				
5.30pm					RAVE RIDE GROOVE (with Addi)	
6pm	RAVE RIDE GROOVE (with Addi)		RAVE RIDE GRIND (with Yzzy)			

RAVE RIDE GRIND- Bump and grind to the banging tracks as you smash through the gears in this fun filled up-beat session.

RAVE RIDE GROOVE- Dance party on a bike! Groove to the beat in this calorie smashing sweat fest.

RAVE RIDE is exclusive to Young 4 Life Fitness

@ East Fremantle Football Club, Moss St, East Fremantle



0422 781 317



/raverideaustralia



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