

TEMPORARY ACTIVITIES TIMETABLE

MONDAY



Boxing

Offering development in physical fitness, self-discipline and confidence. Boxing classes cater for everyone and include fitness, strength and conditioning, technique and competitive boxing

TUESDAY



Strength & Conditioning

A wide range of exercises with goals of developing fitness, strength, mobility, endurance, power, speed, agility and performance. This class caters for all fitness levels and can be adapted to cater for individual sport performance

WEDNESDAY



Boxing

Whether your goals are fitness, weight loss or to move into competition, our boxing classes cater for it all. Each participant works at his or her own level and ability

THURSDAY



Strength & Conditioning

A great combination of strength training and aerobic conditioning. Strength and Conditioning classes can also help with injury prevention.

FRIDAY

Your Gym

Monday - Friday the gym is open for your convenience from 9am through to 8pm
\$5 per session - or ask about our great monthly packages



“ BOOKINGS & PREPAYMENT ARE ESSENTIAL | LIMITED SPOTS ADHERING TO OCCUPANCY RULES PER GYM AND CLASS SESSION | SIGN IN AND TEMPERATURE TESTING IN PLACE SO ARRIVE 5 MINS PRIOR TO SESSION STRICT HYGEINE PROTOCOLS IN PLACE MUST BRING YOUR OWN EQUIPMENT AND TOWEL ”



COST PER SESSION

\$5 PER SESSION All Sessions run 6:30pm - 7:30pm

All participants must be members of the PCYC