

# Adult Fitness, Boxing & Exercise Timetable

## TABLE TENNIS:

Mon: 7-9pm, Tue: 6:30-9pm,  
Wed: 7-9pm, Thu: 6:30-9pm,  
Fri: 6:30-9pm & Sat: 8am-5:30pm

## GYM OPENING HOURS: Mon-Thu: 6am-9pm, Fri: 6am-8pm, Sat: 6am-5pm, Sun: 8am-5pm.

With a PCYC Membership, you have access to gyms and classes at a casual rate.

With a Fitness or Boxing Membership, access to the gyms and classes is included.

ABT - Abs, Butts and Thighs, TBW - Total Body Workout

**BOOK NOW**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am						Yoga 8-9am	
						Open Sparring 8-10am*	
9:00am		Pickleball 9:30am-12pm		Pickleball 9:30am-12pm	Pickleball 9:30am-12pm	Pickleball 9am-12pm	
	Yoga Balance 9:15-10:15am		Zumba 9:30-10:30am		Zumba 9:30-10:30am	Zumba 9:15-10:15am	Zumba 9-10am
10:00am		Pilates 10-11am					
11:00am	Gentle Exercise 11am-12pm	Slow Flow Yoga 11:30am-12:30pm		Slow Flow Yoga 11:30am-12:30pm			
5:00pm					Yoga 5-6pm		
5:30pm		ABT 5:30-6:30pm					
	Boxing Adv Fighters 5:30-7pm		Boxing Adv Fighters 5:30-7pm	Boxing Adv Fighters 5:30-7pm			
6:00pm	Yoga 6-7pm		Yoga 6-7pm				
			Core 6-6:30pm				
		Womens Boxing 6-7pm			Intermediate Boxing 6-7pm		
6:30pm			TBW 6:30-7pm				
7:00pm	Zumba 7-8pm	Zumba 7-8pm		Zumba 7-8pm			
	Boxing 101 7-8pm	Intermediate Boxing 7-8pm	Boxing 101 7-8pm	Intermediate Boxing 7-8pm	Intermediate Sparring 7-8pm*		

\* Sparring classes require a mouthguard \*

**CONTACT US:** Email us at [hornsbys@pcycnsw.org.au](mailto:hornsbys@pcycnsw.org.au) or give us a call 02 8998 5400