

Group Fitness & Boxing Timetable 2024

Trading Hours:

Mon - Thurs - 6am -9pm

Friday - 6am - 8am

Sat: 6am - 5pm | Sun: 8am - 6pm

GFS - Group Fitness Studio | BR - Boxing Room | MP1 - Big Upstairs Room | Gym | Courts
All participants must be PCYC Members. PCYC Membership: Access to gym & classes at a casual rate. Gym & Boxing Membership: All classes are included.

BOOK NOW



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am - 7:00am		Bootcamp (Gym)	Box-FIT (BR)	Bootcamp (Gym)			
8:00am - 9:00am						Yoga (GFS)	
8:00am - 10:00am						Adv. Sparring (BR)	
9:30am - 10:30am	9:15am Yoga (GFS)		Zumba (GFS)		Zumba (GFS)	9:15am Zumba (GFS)	9am Zumba (GFS)
9:30am - 12:00pm		Pickleball (Courts)		Pickleball (Courts)	Pickleball (Courts)	Pickleball (Courts)	
10:00am - 11:00am		Pilates (GFS)					
11:00am - 12:00pm	Gentle Exercise (BFS)	Slow Flow Yoga (GFS)		Slow Flow Yoga (GFS)			
4:30pm - 5:30pm		Bootcamp (Gym)	Box-FIT (BR)	Bootcamp (Gym)			
5:30pm - 6:30pm					Yoga (GFS)		
5:30pm - 7pm	Boxing Adv. Fighters (BR)		Boxing Adv. Fighters (BR)	Boxing Adv. Fighters (BR)			
5:45pm - 6:45pm	Yoga (GFS)		Yoga (MP1)	Pilates (GFS)			
6:00pm - 7:00pm		Boxing 101 (BR)			Int. Boxing (BR)		
7:00pm - 8:00pm	Zumba (GFS)	Int. Boxing (BR)	Zumba (GFS)	Int. Boxing (BR)	Int. Sparring (BR)		
	Boxing 101 (BR)		Boxing 101 (BR)				

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