

Adult Fitness, Boxing & Exercise Timetable

TABLE TENNIS:

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

GYM OPENING HOURS:

Mon-Thur: 6am-9m, 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.

BOOK NOW



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am			HIIT 6:30-7am		HIIT 6:30-7am		
8:00am						Yoga 8-9am	
						Sparing 8-10am	
9:00am						Pickleball 9am-12pm	Zumba 9-10am
	Yoga Balance 9:15-10:15am	Pickleball 9:30am-12pm	Zumba 9:30-10:30am	Pickleball 9:30am-12pm	Zumba 9:30-10:30am	Zumba 9:15-10:15am	
10:00am		Pilates 10-11am					
11:00am	Gentle Exercise 11:00am-12:00pm	Slow Flow Yoga 11:30am-12:30pm		Slow Flow Yoga 11:30am-12:30pm			
4:30pm				High Perf Fighters 4:30-7pm			
5:00pm	ABT 5:30-6:30pm				Yoga 5-6pm		
	HP Fighters 5:30-7pm	ABT 5:30-6:30pm	HP Fighters 5:30-7pm		Boxing 101 5:30-6:30pm		
6:00pm	Yoga 6-7pm	Womens Boxing 6-7pm	Yoga 6-7pm Core 6-7pm				
			TBW 6:30-7pm				
7:00pm	Zumba 7-8pm	Zumba 7-8pm	Boxing 101 7-8pm	Zumba 7-8pm			
	Boxing 101 7-8pm	Intermediate Boxing 7-8pm		Intermediate Boxing 7-8pm			
	Men's Futsal 6:30pm start	Mixed Netball 7pm start	U-League Basketball 7pm start	Ladies Netball 6:30pm start			

CONTACT US: Email us at hornsbys@pcycnsw.org.au or give us a call on 02 8998 5400



IS LIFE CHANGING

