

TERM 1

BOXING AND KICKBOXING TIMETABLE

All participants must be financial PCYC Members & check-in at reception



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am - 8:15am						BOXING 4 FITNESS BAYAN	
8:00am - 9:00am						SPARRING BAYAN	
3:00pm - 4:00pm		FIT FOR LIFE KATHRYN					
4:00pm - 4:45pm			YOUTH BOXING FINLAY		YOUTH BOXING FINLAY		
5:00pm - 5:45pm			TEENS BOXING FINLAY		TEENS BOXING SARAH		
5:00pm - 6:00pm	BOXING 4 FITNESS FINLAY						
5:45pm - 6:45pm					BOXING 4 FITNESS SARAH		
6:00pm - 7:00pm	INTERMEDIATE BAYAN	BOXING 4 FITNESS SARAH	INTERMEDIATE BAYAN	BOXING 4 FITNESS SARAH			
			KICKBOXING DANSHEEL				
7:00pm - 7:45pm	FIGHTERS CLASS BAYAN		FIGHTERS CLASS BAYAN				
7:00pm - 8:00pm		INTERMEDIATE SARAH		INTERMEDIATE SARAH			

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