

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	
8:00am - 9:00am						SPARRING	
3:00pm - 4:00pm		FIT FOR LIFE					
4:00pm - 4:45pm			YOUTH BOXING		YOUTH BOXING		
5:00pm - 5:45pm			TEENS BOXING		TEENS BOXING		
5:00pm - 6:00pm	BOXING 4 FITNESS						
5:45pm - 6:45pm					BOXING 4 FITNESS		
6:00pm - 7:00pm	INTERMEDIATE	BOXING 4 FITNESS	INTERMEDIATE	BOXING 4 FITNESS			
			KICKBOXING UPSTAIRS				
7:00pm - 7:45pm	FIGHTERS CLASS		FIGHTERS CLASS				
7:00pm - 8:00pm		INTERMEDIATE		INTERMEDIATE			

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