

# PCYC BOXING

## CLASS SCHEDULE



Opening Hours:

6am-7.30pm Monday to Friday | 8am-12.30pm Saturday | Closed Sunday

PCYC Membership is required - Adults \$30 Juniors | \$15 per year

### Monday

4pm Junior Boxing  
4.45 Teens Boxing  
6pm Boxing 4 strength  
& Conditioning

### Tuesday

9.30am Boxing 4 Fitness  
4pm Junior Boxing  
6pm Boxing - Partner  
work

### Wednesday

4pm Junior Boxing  
4.45pm Teens Boxing  
6pm Amateur Boxing  
class

### Thursday

5.30pm Boxing 4 Strength  
& conditioning

### Friday

9.30am Boxing 4 Fitness  
5.30pm Amateur Boxing  
class

### Saturday

9.30am Boxing 4 Fitness  
10.30am Amateur Boxing  
class -Open Sparring

Amateur Boxing classes - By Invitation only

Boxing 4 Fitness class & Boxing for strength & conditioning - Classes are suitable for all fitness levels

Junior Boxing - 5-12years | Teens Boxing 13+

Private Boxing sessions available - Bookings can be made by calling the Club 63602249

#### Direct debit Fitness Membership

\$22 per fortnight

includes all Boxing 4 Fitness,  
Boxing 4 strength & condition classes,  
all fitness classes and Full access to weights  
gym

#### Direct debit Boxing & Fitness

##### Membership

\$32 per fortnight

includes Fitness membership  
plus Amateur Boxing classes & Sparring  
plus full access to weights gym

#### Junior Boxing & Teens Boxing

1 class per week \$85,

2 classes per week \$130

Bookings by school term

PCYC is a charity organisation collaborating with NSW Police to support all youth in the community. By joining PCYC gym, fitness & boxing you will be helping us to deliver the programs that support our mission to get young people active in life and to prevent crime by & against young people.



2-10 Seymour st, Orange 2800 | orange@pcycnsw.org.au | 63602249



# PCYC GROUP FITNESS CLASS SCHEDULE



## Opening Hours:

6am-7.30pm Monday to Friday | 8am-12.30pm Saturday | Closed Sunday

PCYC Membership is required - Adults \$30 Juniors | \$15 per year

### Monday

9am Revitalise with Nancy  
9.30am HIIT  
4.30pm Pilates  
5.30pm Group ride

### Tuesday

6.15am Group Ride  
10.30am Strong  
5.30pm Animal Moves

### Wednesday

6.15am Ride 30mins  
9am Revitalise with Nancy  
9.30am Zumba Gold  
10.30am Zumba  
5.30pm Bootcamp

### Thursday

6.15am Group Ride  
9am Revitalise with Nancy  
9.30am HIIT  
10am Zumba  
5.30pm Ride 30mins  
5.45pm Circl Mobility  
6.30pm Zumba Step

### Friday

9am Revitalise with Tanya  
10.30pm Zumba Step

### Saturday

8.30am Ride 30mins  
9am Circl Mobility

#### Direct debit Fitness Membership

\$22 per fortnight  
includes all Boxing 4 Fitness,  
Boxing 4 strength & condition classes,  
all fitness classes and Full access to weights gym

#### Upfront Fitness membership

6 months \$285  
12 months \$570  
Casual visit \$15

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