

# PCYC Fitness & Boxing Timetable

Opening hours

6am -7.30 pm Monday - Friday

8am -12.30pm Saturday

Closed Sunday

**BOOK TODAY!**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15am		Group Ride	R30	Group Ride			
8.30am						R30	
9am	Revitalise with Nancy		Revitalise with Nancy	Revitalise with Nancy	Revitalise with Tanya	Circle Mobility	
9.30am	HIIT	Boxing for Fitness	Zumba Gold	HIIT	Boxing for Fitness	Boxing for Fitness	
10am				Zumba			
10.30am		Strong	Zumba		Zumba Step		
4pm	Junior boxing		Junior Boxing				
4.30pm	Pilates						
4.45pm	Teens Boxing		Teens Boxing				
5.30pm	Group Ride	Animal Moves	Bootcamp	Boxing for Fitness   R30			
5.45pm				Circle Mobility			
6pm	Boxing for Fitness	Boxing for Fitness					
6.30pm				Zumba Step			

Fitness Membership options 6mth \$285 | 12months \$570 | Direct Debit \$22 per fortnight | Casual Visit \$15 | Must be a club member \$30 adults