



MONDAY	KIDS BOXING 4pm-4:45pm Ages 7-13	SPORTS PERFORMANCE TRAINING 5pm - 5:45pm Ages 14+ adult	TAEKWONDO BEGINNERS 5pm-6pm Ages 5-13	TAEKWONDO ADVANCED 6pm-7pm Ages 5-13	BOXING FIGHT TEAM 6:30-7:30 pm Boxing 13+adults	BASKETBALL 6pm - 7pm Ages 8-13
TUESDAY	SOCCER 4pm-5pm Ages 5-13	ZUMBA 4pm-5pm Ages 5-13	TAEKWONDO BEGINNERS 5pm-6pm Ages 5-13	TAEKWONDO ADVANCED 6pm-7pm Ages 5-13	KICKBOXING 6pm- 7:30pm 14+ adult	 
WEDNESDAY	KIDS BOXING 4pm:4:45-pm Ages 7-13	SPORTS PERFORMANCE TRAINING 5pm - 5:45pm Ages 14+ adult	TAEKWONDO BEGINNERS 5pm-6pm Ages 5-13	TAEKWONDO ADVANCED 6pm-7pm Ages 5-13	BOXING FIGHT TEAM <i>Team Sparring:</i> 5-6:30pm 13+ yrs <i>Box 13+ adults</i> 6:30-7:30pm 13+ yrs	BASKETBALL 6pm - 7pm Ages 8-13
THURSDAY	WRESTLING 4pm-4.45pm Ages 8-15	COOKING CLASS 4pm - 5pm Ages 5 -8	BALLET 4pm-5pm Ages 4-6	KICKBOXING 6pm- 7:30pm 14+ adult		
FRIDAY	ARTS AND CRAFTS 4pm-5pm Ages 5-13	HIP HOP DANCING 4pm-5pm Ages 5-13	SPORTS PERFORMANCE TRAINING 5pm - 5:45pm Ages 14+ adult	YOGA <i>5-8years:</i> 5pm-5:30pm <i>9-12years:</i> 5.45pm-6:30pm	BOXING FIGHT TEAM 6:30 - 7:30 pm - Boxing 13+ adult	
SATURDAY	YOGA 9.30am-10.30am Adults Only	TAEKWONDO BEGINNERS 11am-12pm Ages 5-13	TAEKWONDO ADVANCED 12pm-1pm Ages 5-13	KICKBOXING 12pm-2.30pm 14+ adult		

Term 1 2023 Activity Costs

- Arts and Crafts- \$120/term (once a week-Frid)
- Ballet- \$150/term (once a week-Thu)
- Basketball -\$160/term (twice a week Mon and Wed)
- Boxing| Fight Team- \$220/term (3 times/week Mon, Wed, Frid)
- Cooking Class- \$120/term (once a week -Thu)
- Fit For Life- Free Fitness Program (four times a week)
- Hip Hop Dance- \$120/term (once a week-Fri)
- Kickboxing- \$180/term (Twice a week-Tue, Thu)
- Kids Boxing - \$180/term (Twice a week-Mon, Wed)
- Soccer - \$120/term (Once a week- Tue)
- Sports Performance Training- \$250/term (Three times a week-Mon, Wed, Fri)
- Taekwondo (Once a week)- \$180/term
- Taekwondo (Three times a week)- \$360/term
- Wrestling- \$120/term (once a week-Thu)
- Yoga 5-8 years: \$60/term (once a week-Frid)
- Yoga 9-12 years: \$90/term (once a week-Frid)
- Yoga Adults: \$120 for 10 classes/ \$65 for 5 passes (once a week-Sat)
- Zumba- \$150/term (once a week-Tue)

All activities will run between Monday 13 February 2023 to Saturday 08 April 2023 (*one exception)
 *Taekwondo will commence on 09 January 2023 and end on Saturday 08 April 2023

Must be a current PCYC member to attend any of these classes. All fees must be paid in full before start date.

