Activites at PCYC Shoalhaven

To book call reception
or scan the QR code

Casual and Term bookings available.
For pricing information please refer to our website.
We accept Active Kids vouchers for all our activities.

BOOK NOW

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit For Life (8-17yrs)		7:15am - 8:00am					
Snrs Fitness (50yrs+)		2:00pm - 3:00pm		2:00pm - 3:00pm			
Jnr Boxing (6-11yrs)		4:15pm - 5:00pm					
Teen Boxing (12-17yr)				4:15pm - 5:00pm			
Amatuer Boxing (16+)	6:00pm - 7:30pm	6:00pm - 7:30pm		5:30pm - 7:00pm			
BoxFit		5:00pm - 6:00pm		5:00pm - 6:00pm			
HIIT Circuit Training		5:30pm - 6:00pm		5:30pm - 6:00pm			
Strength				6:15pm - 7:30pm			
Archery (8yrs+)			4:15pm - 5:15pm		4:15pm - 5:15pm		
			5:30pm - 6:30pm		5:30pm - 6:30pm		
			6:45pm - 7:30pm		6:45pm - 7:30pm		
Aikido (8yrs+)			Juniors 5:00pm - 6:00pm				
			Adults 5:30pm - 7:00pm				

Gym + Fitness Memberships from $11.95 (inc. group classes) | Fitness Passport welcome | All participants must be current PCYC members - $15/$30

PCYC SHOALHAVEN

REGISTERED CHARITY acnc.gov.au/charityregister