Activites at PCYC Shoalhaven

To book call reception
or scan the QR code

Group Classes - Casual and Term bookings available. Fitness Passport welcome.
Gym + Fitness Memberships from $11.95 (Group classes included).
For more info email shoalhaven@pcycnsw.org.au

BOOK NOW

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fit For Life (8-17yrs)		7:15am - 8:00am				Closed	Closed
Open Gym	10:00am - 8:00pm	10:00am - 8:00pm	10:00am - 8:00pm	10:00am - 8:00pm	10:00am - 8:00pm		
Jnr Boxing (6-9yrs)		4:15pm - 5:00pm					
Teen Boxing (10-15yr)				4:15pm - 5:00pm			
Amatuer Boxing (15+)	6:00pm - 7:30pm	6:00pm - 7:30pm					
Conditioning (Cardio)	5:00pm - 5:30pm		6:30pm - 7:00pm				
BoxFit		5:00pm - 6:00pm		5:00pm - 6:00pm			
HIIT Circuit Training	6:30pm - 7:00pm	5:30pm - 6:00pm	5:00pm - 5:30pm	5:30pm - 6:00pm			
Strength	5:30pm - 6:30pm	6:15pm - 7:30pm	5:30pm - 6:30pm	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