

Weekly Activities at PCYC Shoalhaven

Bookings required for HIIT, MMA and Archery.

To book in for any activity please call 4421 8588 or scan the QR code and follow the links.
 All classes vary in price from \$10-\$19 per lesson.
 We accept Active Kids vouchers for all our activities.
 Please bring a towel when using the gym.

BOOK NOW



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gym and Weights Room	12:00pm - 8:00pm	12:00pm - 8:00pm	12:00pm - 8:00pm	12:00pm - 8:00pm	12:00pm - 8:00pm	Closed	Closed
Junior Boxing 5-8 yrs		4:00pm - 4:45pm					
Junior Boxing 8-12 yrs				4:00pm - 4:45pm			
Teen Boxing 13-17yrs			4:00pm - 5:00pm				
Amateur Boxing 18+yrs			6:00pm - 7:00pm				
Boxfit 14+yrs		5:45pm - 6:45pm		5:45pm - 6:45pm			
Boxing Fundamentals 16+yrs	5:30pm - 7:00pm		5:00pm - 6:00pm				
HIIT Fitness 14+yrs		5:00pm - 5:45pm	4:00pm - 4:45pm 5:00pm - 5:45pm	5:00pm - 5:45pm			
Archery 8+yrs			4:15pm - 5:15pm 5:30pm - 6:30pm		4:15pm - 5:15pm 5:30pm - 6:30pm		
			6:45pm - 7:45pm		6:45pm - 7:45pm		
MMA 12-16yrs					5:00pm - 6:00pm		
MMA 16+yrs					6:00pm - 7:00pm		
Aikido 8+ yrs			6:30pm - 8:00pm				

CONTACT US: Phone: 02 4421 8588 or Email: shoalhaven@pcycnsw.org.au

