2025 GROUP FITNESS & PICKLEBALL TIMETABLE

All participants must be PCYC Members & check-in at reception

GFS: Group Fitness Studio | Courts: Basketball Courts
PCYC Membership: Access to gym & classes at a casual rate
Gym & Boxing Membership: All classes included

BOOK NOW

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am - 9:00am						Yoga (GFS)	
9:00am - 10:00am	Yoga (GFS)						Zumba (GFS)
9:15am - 10:15am						Zumba (GFS)	
9:30am - 10:30am			Zumba (GFS)		Zumba (GFS)		
9:30am - 12:00pm		Pickleball (Courts)	Pickleball (Courts)	Pickleball (Courts)			
10:00am - 11:00am		Pilates (GFS)					
11:00am - 12:00pm	Gentle Exercise (GFS)						
11:30am - 12:30pm		Slow Flow Yoga (GFS)		Slow Flow Yoga (GFS)			
11:30am - 1:30pm					Pickleball (Courts)		
4:00pm - 5:00pm							
5:00pm - 6:00pm					Yoga (GFS)		
5:45pm - 6:45pm	Yoga (MP1)		Yoga (MP1)				
			Adult Gymnastics (Gym) 6pm				
7:00pm - 8:00pm	Zumba (GFS)		Zumba (GFS)				

CONTACT US FOR MORE INFO: PHONE - (02) 8998 5400 | EMAIL - hornsby@pcycnsw.org.au | WEBSITE - www.pcycnsw.org.au/hornsby-ku-ring-gai

PCYC HORNSBY-KU-RING-GAI

REGISTERED CHARITY · acnc.gov.au/charityregister ·