

NEW BOXING AND KICKBOXING TIMETABLE

BOOK NOW



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am - 8:00am							
8:00am - 9:00am							
11:00am - 2:00pm		SPARRING		SPARRING			
3:00pm - 4:00pm		FIT 4 LIFE (12-18 years)					
4:00pm - 5:00pm	FEMBOX (BR)	SUPACIRCUIT (BR)		SUPACIRCUIT (BR)	JUNIOR BOXING 8-13 years (BR)		
5:00pm - 6:00pm	SUPACIRCUIT (BR)	BOXING 4 FITNESS (BR)	SUPACIRCUIT (BR)	BOXING 4 FITNESS (BR)	BOXING 4 FITNESS (BR)		
6:00pm - 7:00pm	BOXING 4 FITNESS (BR)	PARTNERWORK (BR)	BOXING 4 FITNESS (BR)	PARTNERWORK (BR)			
7:00pm - 8:00pm	PARTNERWORK (BR)		KICKBOXING (UPSTAIRS)	PARTNERWORK (BR)	KICKBOXING (BR)		

CONTACT US FOR MORE INFO: (02) 8998 5400 | hornsbys@pcycnsw.org.au | www.pcycnsw.org.au/hornsbys-ku-ring-gai | 1 Park Lane, Waitara NSW 2077