PCYC BOXING CLASS SCHEDULE



Opening Hours:

6am-7.30pm Monday to Friday | 8am-12.30pm Saturday | Closed Sunday PCYC Membership is required - Adults \$30 Juniors | \$15 per year



Amateur Boxing classes - By Invitation only | Time to be set by coach based on fighters availability week to week Boxing 4 Fitness class & Boxing for strength & conditioning - Classes are suitable for all fitness levels Junior Boxing - 5-12years | Teens Boxing 13+

Private Boxing sessions available - Bookings can be made by calling the Club 63602249

<u>Direct debit Fitness Membership</u> S22 per fortnight includes all Boxing 4 Fitness, Boxing 4 strength & condition classes, all fitness classes and Full access to weights gym

<u>Direct debit Boxing & Fitness</u> <u>Membership</u> S32 per fortnight includes Fitness membership plus Amateur Boxing classes & Sparring plus full access to weights gym <u>Junior Boxing & Teens Boxing</u> 1 class per week \$85, 2 classes per week \$130 Bookings by school term

PCYC is a charity organisation collaborating with NSW Police to support all youth in the community. By joing PCYC gym, fitness & boxing you will be helping us to deliver the programs that support our mission to get young people active in life and to prevent crime by & against young people.



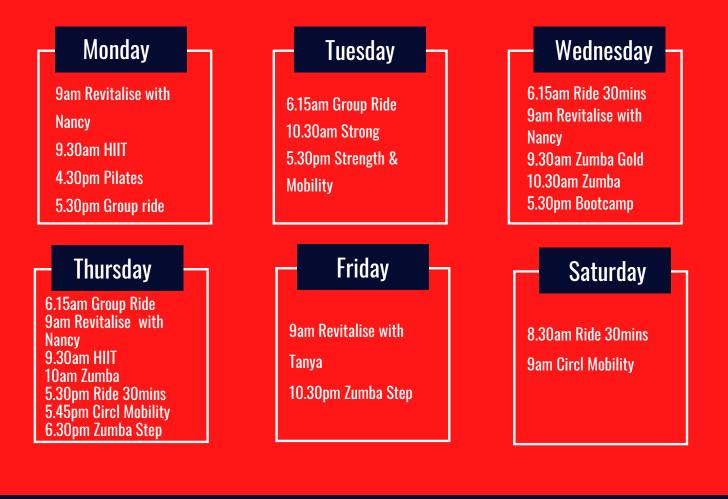


PCYC GROUP FITNESS CLASS SCHEDULE



Opening Hours:

6am-7.30pm Monday to Friday | 8am-12.30pm Saturday | Closed Sunday PCYC Membership is required - Adults \$30 Juniors | \$15 per year



<u>Direct debit Fitness Membership</u> S22 per fortnight includes all Boxing 4 Fitness, Boxing 4 strength & condition classes, all fitness classes and Full access to weights gym

<u>Upfront Fitness membership</u> 6 months \$285 12 months \$570 Casual visit \$15

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