

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

Monday

4pm Junior Boxing
4.45pm Teens Boxing

Tuesday

9.30am Boxing 4 Fitness
4pm Junior Boxing
6pm Boxing - Partner
work

Wednesday

4pm Junior Boxing
4.45pm Teens Boxing
5.30pm Boxing for Strength
& Fitness
Amateur Boxing class

Thursday

5.30pm Boxing 4 Strength
& conditioning

Friday

9.30am Boxing 4 Fitness
Amateur Boxing class

Saturday

9.30am Boxing 4 Fitness
Amateur Boxing class -
Open Sparring

Amateur Boxing classes & Sparring- 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

Direct debit Fitness Membership

\$22 per fortnight

includes all Boxing 4 Fitness,
Boxing 4 strength & condition classes,
all fitness classes and Full access to weights
gym

Direct debit Boxing & Fitness

Membership

\$32 per fortnight

includes Fitness membership
plus Amateur Boxing classes & Sparring
plus full access to weights gym

Junior Boxing & Teens Boxing

1 class per week \$90,

2 classes per week \$140

Bookings by school term

PCYC is a charity organisation collaborating with NSW Police to support all youth in the community. By joining 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.



2-10 Seymour st, Orange 2800 | orange@pcycnsw.org.au | 63602249



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

Monday

9am Revitalise with Nancy
9.30am HIIT
5.30pm Group ride
5.30pm Bootcamp

Tuesday

6.15am Group Ride
10.30am Strong
4.30pm Pilates
5.30pm Strength & Mobility

Wednesday

9am Revitalise with Nancy
9.30am Zumba Gold
10.30am Zumba
12pm HIIT
5.45pm Ride 30

Thursday

6.15am Group Ride
9am Revitalise with Nancy
9.30am HIIT
10am Zumba
5.30pm Ride 30mins
5.45pm Circl Mobility
6.30pm Zumba Step

Friday

9am Revitalise with Tanya
10.30am Zumba Step

Saturday

8am Strong
8.30am Ride 30mins
9am Circl Mobility

Direct debit Fitness Membership

\$22 per fortnight
includes all Boxing 4 Fitness,
Boxing 4 strength & condition classes,
all fitness classes and Full access to weights gym

Upfront Fitness membership

6 months \$285
12 months \$570
Casual visit \$15

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