

Weekly Activities at PCYC

BOXING - \$170/10wk-term | \$21/class
MARTIAL ARTS - \$150/10wk-term |
 \$19/class
 {+ Karate SKIA costs apply}

WHAT TO BRING --> Don't have your own gear yet? Enquire with reception to order NOW!

Martial Arts: Please bring a water bottle, Gi and belt.

Boxing: Please bring a mouthguard, water bottle, inners and hand wraps (we will supply boxing gloves and headgear if applicable, but feel free to bring your own).

BOOK NOW



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PCYC OFFICE OPEN HOURS	8:30am - 6:30pm	8:30am - 7:00pm	8:30am - 7:00pm	8:30am - 6:30pm	8:30am - 7:00pm	8:30am - 11:30am	
PCYC CLUB OPEN HOURS	9:00am - 6:30pm	9:00am - 7:00pm	9:00am - 7:00pm	9:00am - 6:30pm	9:00am - 7:00pm	9:00am - 12:00pm	
CASUAL VISIT (Requires PCYC membership)							
Boxing Gym \$11	Available 9:00am - 6:30pm	Available 9:00am - 3:30pm	Available 9:00am - 7:00pm	Available 9:00am - 6:30pm	Available 9:00am - 7:00pm	Available 9:00am - 11:30am	
Loose Weights \$11	Available 9:00am - 4:00pm	Available 9:00am - 7:00pm	Available 9:00am - 11:30am				
BOXING CLASSES							
4:00pm - 5:00pm		Boxing Junior 7-14yrs		Boxing Junior 7-14yrs			
5:00pm - 6:00pm		Boxing Senior 15yrs +		Boxing Senior 15yrs +			
AIKIDO CLASSES							
5:30pm - 7:00pm	Aikido 15yrs +		Aikido 15yrs +				
JUDO CLASSES							
4:30pm - 5:30pm		Judo Junior 7-12yrs		Judo Junior 7-12yrs			
5:30pm - 6:30pm		Judo Senior 13yrs +		Judo Senior 13yrs +			
KARATE CLASSES							
4:30pm - 6:30pm	Karate 8yrs +		Karate 8yrs +				

CONTACT US FOR MORE INFO: (02) 6621 6276 or EMAIL: lismore@pcycnsw.org.au

