

St Kilda PCYC Class Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING SESSIONS						
	YOGA 7:am-7:45am		PILATES 7:am-7:45am		STRETCH 8:am-8:45am	
					BOXING TRAIN with TIFF 9:am-9:45am	
MASTERS (Agility/ Balance) 11:am-12:pm		MASTERS (Endurance) 11:am-12:pm		MASTERS (Mobility) 11:am-12:pm		
	BOXING FOR PARKINSON'S 11:30am- 12:30pm-		BOXING FOR PARKINSON'S 11:30am- 12:30pm			
AFTERNOON SESSIONS						
PCYC YOUTH BOXING 4:30pm-5:15pm		PCYC YOUTH BOXING 4:30pm-5:15pm				
ST KILDA BOXING CLUB 6:45pm-7:45pm	ST KILDA BOXING CLUB 6:45pm-7:45pm	ST KILDA BOXING CLUB 6:45pm-7:45pm	ST KILDA BOXING CLUB 6:45pm-7:45pm			