



TIMETABLE

House of Wrestling (HoW) Membership includes complimentary PCYC membership AND discounted gym membership @PCYC Hornsby Ku-ring-gai



Monday

**Wrestling
Conditioning &
Private
sessions**
Booked by
appointment

Tuesday

**Freestyle
Wrestling**
5pm
**Kids
Parents & Kids**

**Freestyle
Wrestling**
6pm
Youth & Adults

Wednesday

**Wrestling
Conditioning &
Private sessions**
Booked by
appointment

Thursday

**Freestyle
Wrestling**
5pm
**Kids
Parents & Kids**

**Freestyle
Wrestling**
6pm
Youth & Adults

Friday

**Wrestling
Conditioning
& Private
sessions**
Booked by
appointment

For more information on class levels & description, please call 0411 399 830

Timetable is subject to change. For the most updated version, please refer to the online timetable.