

MUAY THAI.

Our Muay Thai/Kickboxing classes are orientated around teaching techniques such as footwork, defence, punching and kicking while developing overall fitness.

Class Times

Monday 7.30pm – 9.00pm
Wednesday 7.30pm – 9.00pm

Cost

- Juniors (10-17 years) \$5.00 per session
- Adult Club Member \$10.00 per session
- Adult Non-Member \$15.00 per session



More Information.

Equipment Requirements.

Mouth Guards and Wraps must be obtained in order to participate in any martial arts classes. Any other equipment requirements may be found listed on our website.

Wraps and mouth guards are available for purchase at the Hobart PCYC Reception Desk at the cost of \$8.00 and \$10.00 respectively.

Find Out More.

Our gym membership and class programs are exceptional value for money and cater for a broad range of users. We also welcome casual visitors.

Hobart PCYC is a great place to train so we invite you to find our more by visiting our website or simply drop in and take a look for yourself.

Get Fit. Join the Fun!

Hobart PCYC is able to offer something to suit everyone and every budget with our affordable price structure and access to a broad range of classes.

More information about the Martial Arts classes on offer at Hobart PCYC may be found on our website or by contacting one of our friendly staff using the contact information below.

Club Contacts.

Location: Hobart PCYC
300 Liverpool Street
Hobart Tasmania 7000

Telephone: (03) 6107 9206 (Reception)
Email: enquiries@hobartpcyc.org.au
Web: www.hobartpcyc.org.au
Facebook: www.facebook.com/hobartPCYC/



HOBART PCYC MARTIAL ARTS



*AIKIDO *GOJU-RYU KARATE
*BOXING *KRAV MAGA
*JUDO *KYOKUSHIN KARATE
* MUAY THAI

*SELF ESTEEM

*CONFIDENCE

*STRENGTH

*DISCIPLINE

*ENERGY

*FITNESS

AIKIDO

Aikido is a modern, non-aggressive Japanese martial art that was developed early in the 20th century. Aikido is effective as a martial art based on a background of rigorous training in traditional Japanese jujutsu, sword and spear techniques .

Class Times

Monday	General	7.00pm – 8.30pm
Wednesday	Aikido Kids	4.00pm – 5.00pm
Thursday	General	7.30pm – 9.00pm
Saturday	General	10.00am – 11.30am

More Information

Mobile: 0408 653 339 (Mr Geoff Dugan)
Email: aikido.tas@gmail.com
Website: <https://www.aikido.org.au/Hobart>



BOXING

From beginner to competitive, boxing classes at Hobart PCYC enable participants to understand, achieve and develop correct boxing technique in a safe environment as well as achieving improved levels of fitness.

Class Times

Mon: 6.00pm - 7.30pm / **Wed:** 6.00pm - 7.30pm / **Fri:** 5.30pm- 6.30pm

Cost

- Juniors (10-17 years) \$5.00 per session
- Adult Club Member \$10.00 per session
- Adult Non-Member \$15.00 per session



JUDO

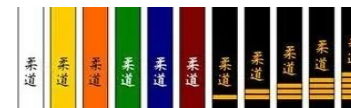
Judo is a tremendous and dynamic Olympic sport that demands both physical prowess and great mental discipline. From a standing position, it involves techniques that allow you to lift and throw your opponent.

Class Times

Mon: 6.00pm - 7.30pm / **Wed:** 6.00pm - 7.30pm / **Fri:** 5.30pm- 6.30pm

Cost

- Juniors (10-17 years) \$5.00 per session
- Adult Club Member \$10.00 per session
- Adult Non-Member \$15.00 per session



GOJU-RYU KARATE

Karate comes from the Japanese meaning "empty hand", referring to a martial art not requiring actual weapons and can assist to develop your confidence and character along with the many athletic traits including strength, power, speed, agility and flexibility.

Class Times

Monday	Kids	4.30pm – 5.30pm
Monday	Graded	5.30pm – 6.30pm
Thursday	Graded	5.30pm – 7.30pm
Saturday	Kids	10.00am – 11.00am
Saturday	Graded	11.00am – 1.00pm

Cost

- Juniors (10-17 years) \$5.00 per session
- Adult Club Member \$10.00 per session
- Adult Non-Member \$15.00 per session



KYOKUSHIN KARATE

Karate literally means "empty hand". Kyokushin Karate is Budo (fighting) Karate and not sports karate. It involves effective punching, kicking and blocking, as well as a variety of other techniques, both soft and hard. Along with a range of self-defence techniques such as holds, throws and take downs. Kyokushin Karate classes will rapidly improve your balance, coordination, flexibility, and overall fitness.

Class Time

Tuesday All participants 5.45pm – 7:15pm

Cost

- Juniors (10-17 years) \$5.00 per session
- Adult Club Member \$10.00 per session
- Adult Non-Member \$15.00 per session



KRAV MAGA

Krav Maga is an integrated system of self-defence, combat and fighting known for its practical and realistic techniques and tactics for avoiding, preventing, deterring, or otherwise handling all types of violent confrontations .

Class Times

Wednesday	Krav Maga Teens	5.30pm – 6.30pm
Wednesday	Krav Maga Mixed	6.30pm – 7.30pm
Friday	Krav Maga Adult	6.30pm – 7.30pm

Cost

- One class per week - \$15
- Both adult classes - \$25

