

# PLC Sports Hall Timetable

PENINSULA LEISURE CENTRE - 243 Blackwall Road, Woy Woy

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am - 8am	<b>HIIT45</b> 6.00am-6.45am	Two courts available		Two courts available	Two courts available	Two courts available	Two courts available
8am - 12pm	<b>Pilates and TRX</b> 7.30am-9.30am <b>BODYPUMP</b> 9.30am-10.30am <b>Pickleball</b> to Monday 10.30am-12.30pm	One court available	<b>BODYPUMP and BODY COMBAT</b> 8.30am-10.30am	One court available	<b>Pilates and BODY COMBAT</b> 7.30am-9.30am	<b>BODYPUMP</b> 8.30am-9.30am <b>BODY COMBAT</b> 9.30am-10.30am	<b>Little Kickers</b> junior soccer program 8am - 12pm <b>TABATA</b> Sunday 9.30am-10.30am
12pm - 4pm	Two courts available		Two courts available	Two courts available	Two courts available	<b>Pickleball</b> 2pm-4pm	One court available
4pm - 5pm	Two courts available	Two courts available	<b>Central Coast School of Soccer</b> 4pm-6pm <b>PLC Social Futsal</b> from 6pm	<b>Learn to Play basketball</b> 6 to 11 years <b>Central Coast School of Soccer</b> 4pm-7pm	<b>Issshogai Martial Arts</b>	<b>Junior Basketball Scrimmage</b> 4.30pm-6.30pm	Two courts available
5pm - 6pm	<b>PLC Social Netball</b> women's and mixed teams. Runs all year round	<b>Peninsula Floorball Club Night</b> junior and opens indoor hockey	<b>PLC Social Futsal</b> men's and mixed teams. Runs all year round.	<b>Learn to Play basketball</b> 12+ years	Two courts available	Two courts available for after hours bookings and events - <b>extra fees apply</b>	Two courts available for after hours bookings and events - <b>extra fees apply</b>
6pm - 7pm				<b>PLC Social Basketball</b> adult mixed teams. Runs all year round.			
7pm - 10pm				<b>Private Futsal bookings</b> 7-9pm	Two courts available for after hours bookings and events - <b>extra fees apply</b>		

Bookings subject to change. For more program and bookings information please enquire at reception 4325 8123