



2018 ALL FAMILY NEW CLASS SCHEDULE

Personal Training Available by Appointment

CALL: 02 4227 5555 MOBILE: 0402 010 058

EMAIL: thereflexcentre@optusnet.com.au WEB: www.reflexcentre.com.au

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6.15 AM		Weights Circuit / Boxing (45min.)		Weights Circuit / Muay Thai (45min.)			
9.00 AM						Kickboxing Muay Thai Adults / teens (1hr.)	
3.45 PM	Kids Kickboxing (1hr.) 5yrs up		Kids Kickboxing (1hr.) 5yrs up		Kids Kickboxing (1hr.) 5yrs up	" 6 weeks" Challenge start date JAN 30th 2018! TUES 6.15am THUR 6.15am SAT 7.45am Book Now! reflexcentre.com.au Find us on Facebook Follow us on Instagram	
4.30 PM		Teens Kickboxing (1 hr.) 11yrs up		Teens Kickboxing (1 hr.) 11yrs up			
4.45 PM	Kids Brazilian Jiu Jitsu (45min.) 8yrs up		Kids Brazilian Jiu Jitsu (45min.) 8yrs up				
5.00PM					Mixed Martial Arts (mma) No gi - Jiu Jitsu (1hr.)		
5.45 PM	Brazilian Jiu Jitsu BJJ (1hr.)		Brazilian Jiu Jitsu BJJ (1hr.)				
5.45 PM	Weights Circuit Strength / Conditioning	Boxing (1hr.)	Weights Circuit Strength / Conditioning	Boxing (1hr.)			
6.00 PM					Kickboxing Muay Thai (1hr.)		
6.45 PM	Kickboxing Muay Thai (1hr – 15mins)	Filipino Sticks "Cacoy Doce Pares" (1hr.)	Kickboxing Muay Thai (1hr – 15mins)	Sparring Class (30min.)			
	Mat 1: Skills: Martial Arts & Boxing Training Mat 2: Weights: Strength & Conditioning Training						

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