



2018 KIDS & TEENS CLASS TIME-TABLE

Personal Training Available by Appointment

CALL: 02 4227 5555 MOBILE: 0402 010 058

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 AM		Weights Circuit / Boxing (45min.) 15yrs up		Weights Circuit / Boxing (45min.) 15yrs up		
8.00 AM						Teens Kickboxing (1hr.) 11yrs up
4.30 PM		Teens Kickboxing (1 hr.) 11yrs up		Teens Kickboxing (1 hr.) 11yrs up		Reflex Kids program teaches - Patience Focus Kindness Honesty Respect
4.45PM	Kids Brazilian Jiu Jitsu (45min.) 8yrs up		Kids Brazilian Jiu Jitsu (45min.) 8yrs up		Kids Sticks Filipino 9yrs up (30min.)	
5.00 PM					Mixed Martial Arts (mma) (1hr.) 13yrs up	
5.45 PM MAT 1	Brazilian Jiu Jitsu BJJ (1hr.) 13yrs up	Boxing (1hr.) 13yrs up	Brazilian Jiu Jitsu BJJ (1hr.) 13yrs up	Boxing (1hr.) 13yrs up		
5.45 PM MAT 2	Weights Circuit 15yrs up		Weights Circuit 15yrs up			
6.00 PM					Kickboxing Muay Thai (1hr.) 14yrs up	
6.45 PM	Kickboxing Muay Thai (1hr – 15mins) 14yrs up	Filipino Sticks 11yrs up (1hr.)	Kickboxing Muay Thai (1hr – 15mins) 14yrs up	Sparring Class (30min.) 14yrs up		

Mat 1: Skills: Martial Arts & Boxing Training **Mat 2:** Weights: Strength & Conditioning Training

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Kids / Teens Classes are Per School Term