



2019 January Holiday Time Table

Personal Training Available by Appointment

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 AM		Weights Circuit / Boxing (45min.)		Weights Circuit / Muay Thai (45min.)		
8.00 AM						Kickboxing Muay Thai Adults / teens (1hr.)
3.45 PM	Kids Kickboxing (Back in FEB)		Kids Kickboxing (Back in FEB)		Kids Kickboxing (Back in FEB)	<p>“6 weeks” Challenge Coming soon More info 0402010058</p> <p>reflexcentre.com.au</p> <p>Find us on Facebook</p> <p>Follow us on Instagram reflex-centre</p>
4.30 PM		Teens Kickboxing (Back in FEB)		Teens Kickboxing (Back in FEB)		
4.45 PM	Kids Brazilian Jiu Jitsu (Back in FEB)		Kids Brazilian Jiu Jitsu (Back in FEB)		Kids Sticks (Back in FEB)	
5.30PM					Mixed Martial Arts <i>No gi - Jiu Jitsu</i> ----- Kickboxing Muay Thai	
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.)		
6.45 PM	Kickboxing Muay Thai (1hr – 15mins)	Filipino Sticks (Back in FEB) Sparring only	Kickboxing Muay Thai (1hr – 15mins)	Sparring Class (Back in FEB)		
	<p>Mat 1: Skills: Martial Arts & Boxing Training Mat 2: Weights: Strength & Conditioning Training</p>					

NOTE: We are in the Thailand Training Camp from 19th JAN to 29th JAN, so some classes may vary! Please check Facebook or Instagram: [refex_centre](#) for updated times / days!