



# Reflex Centre Timetable

CLASSES / STYLES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>KIDS Kickboxing Beg to Level 2</b>	3.45pm <i>(45min)</i>		3.45pm <i>(45min)</i>		4.00pm <i>All levels (50min)</i>	
<b>KIDS Kickboxing Level 3 &amp; higher</b>	4.35pm <i>(45min)</i>		4.35pm <i>(45min)</i>		4.00pm <i>All levels (50min)</i>	
<b>KIDS Brazilian Jiu Jitsu</b>	5.20pm <i>(35min)</i>		5.20pm <i>(35min)</i>			
<b>KIDS Filipino Sticks</b>					5.00pm <i>(35min)</i>	
<b>TEENS Kickboxing</b>		4.30pm <i>(50min)</i>		4.30pm <i>(50min)</i>		9.00am <i>(50min)</i>
<b>Boxing</b>	6.00pm <i>(50min)</i>	5.30pm <i>(50min)</i>	6.00pm <i>(50min)</i>	5.30pm <i>(50min)</i>		
<b>Brazilian Jiu Jitsu &amp; MMA</b>		6.30pm BJJ		6.30pm BJJ	5.45pm MMA	10.00am No gi
<b>Muay Thai Kickboxing</b>	7.00pm <i>(1hr)</i>		7.00pm <i>(1hr)</i>			9.00am <i>(50min)</i>
<b>Filipino Sticks</b>					5.45pm <i>(1hr)</i>	
<b>Weights Circuit Training</b>		6.15am <i>(45min)</i>			6.15am <i>(45min)</i>	
<b>Advanced Stand Up Class &amp; Sparring</b>		6.30pm <i>(50min)</i>		6.30pm <i>(50min)</i>		

**Bookings on the website:** [www.reflexcentre.com.au](http://www.reflexcentre.com.au)

**Facebook:** Reflex Martial Arts

**Instagram:** reflex\_centre

*Classes & Pts by appointment... Reflex Centre 32 Auburn St, Wollongong. PH: 0420 010058*

