



Reflex Centre Kids / Teens Timetable

CLASSES / STYLES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KIDS Kickboxing Beg to Level 2	4.00pm (50min)		4.00pm (50min)		4.00pm (50min)	
KIDS Kickboxing Level 3 & higher	4.00pm (50min)		4.00pm (50min)		4.00pm (50min)	
KIDS Brazilian Jiu Jitsu	5.00pm (45min)		5.00pm (45min)			
KIDS Filipino Sticks					5.00pm (40min)	
TEENS Kickboxing		4.30pm (50min)		4.30pm (50min)		9.00am (1hr.)
TEENS Brazilian Jiu Jitsu				6.30pm (1hr)		10.00am (1hr)
TEENS Filipino Sticks		6.30pm (1hr.)			5.00pm (40min)	

Bookings on the website: www.reflexcentre.com.au

Facebook: Reflex Martial Arts

Instagram: reflex_centre

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

Kids / Teens Classes are on per School Term ... Bookings for classes required for the term www.reflexcentre.com.au

