



# 2016 CHRISTMAS NEWSLETTER

**THANK YOU** to all our students for training throughout the year. We are always very impressed with the standard displayed by everyone! Reflex students have been having a great year, the highlight being celebrating 20yrs REFLEX and our new renovations of strength & conditioning classes. With lots of success we are looking forward to 2017.



## **CHRISTMAS PARTY (over 15yrs)**

**Saturday 17th December 7 pm** @ The Inferno Restaurant & Bar (Gigi's) Corner of Corrimal & Market St, Wollongong. \$45 per person includes a mix of Italian food in a relaxed atmosphere.

## **KIDS / TEENS CHRISTMAS PARTY**

**Saturday 10th December 3 pm – 5 pm**

@ Wollongong Botanic Garden's Murphy's Ave, Keiraville.

## **CONGRATULATION STUDENT AWARDS 2016 –**

Hunter Griffiths & Tiana Corvalan (KIDS)

Sam Verheyden & Renee Barbir (ADULTS)

Tony Musumeci (STICKS) Katie Grazhdannikova (BJJ)

## **“NEW” TIME TABLE & EARLY MORNING CLASS!**

**On Thursday 6.15am: Weights Circuit / Boxing class starting in January 2017!** Great for strength and conditioning while learning great boxing skills, a good way to start the morning with a 45min workout!

## **LAST GRADINGS FOR THE YEAR-**

### **COMBATIVE**

**KIDS** - Tuesday 6<sup>th</sup> Dec @ 7 pm

**ADULTS / TEENS** - Tuesday 13<sup>th</sup> Dec @ 7pm

### **BJJ – Friday 9<sup>th</sup> DEC**

**KIDS** @ 4 pm, **TEENS** @ 5.15pm

**ADULTS** @ 6.30pm

## **ACHIEVEMENTS-**

It's been a fantastic year for all Reflex competitors and grading students. Congrats to all students that fought and graded throughout the year. A big congratulations to Brooke Candy, Chris Armstrong, Ryan Famosa, Brendon Hewett, Renee Barbir & Michael Burton for achieving the promotion of black belt in Reflex Combative. We are very proud of all students!

### **CHRISTMAS GIFT IDEAS**

We have Gift Vouchers, Training Gear and Reflex Wear!

### **KIDS / TEENS CLASSES**

Last Class Term 4 – Saturday 17th Dec.

First Class Term 1 – Monday 30<sup>th</sup> JAN.

### **DECEMBER MEMBERSHIP**

Ezypay, monthly & personal training payments will be adjusted for Christmas break.

## **CHRISTMAS BREAK**

**Closed 19<sup>th</sup> December 2016 - Re-open Tuesday 3<sup>rd</sup> Jan 2017.**

We wish you all a very Merry Christmas and a Happy New Year.

We have a wonderful group of people here and your continued support and participation is appreciated.

**SEE YOU BACK ON TUESDAY JANUARY 3<sup>rd</sup> 2017!**

## **KIDS RE-ENROLMENT NOW OPEN FOR TERM 1, 2017**

Thank You from Masters Dominic and Rosanna Lavelle

Reflex Martial Arts Centre

[www.reflexcentre.com.au](http://www.reflexcentre.com.au)

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