



REFLEX CHRISTMAS NEWSLETTER



2017

THANK YOU

from Master Dom & Rose & Reflex Instructors

A big thank you to all our students for their hard work & commitment shown throughout 2017. As always, we are very impressed with the standards displayed by every one of our students! Well done!

Fantastic year for all Reflex competitors and grading students. Congrats to all students that fought and graded throughout the year.

We are very proud!!

We are very much looking forward to another great year in 2018!

EXCELLENT WORK! WELL DONE! VERY IMPRESSED!



LOOKING AHEAD

GRADINGS

BJJ White Strip 4 and all Blue Belts:

Thursday 7 Dec from 6pm

BJJ Kids: Friday 8 Dec from 4.45pm

BJJ Teens & Adults from 6pm.

COMBATIVE Kids/ Teens / Adults:

Friday 15 Dec from 6.45pm

SPECIAL MENTION

Good Luck to **Nemir** for his first Muay Thai Kickboxing Fight on 1Dec, all students welcome to attend and support Nemir !!

Good Luck to **Tony & Lara** grading in Dec/Jan for their Black Belt in Cacoy De Pares - Filipino Stick Fighting

*****NEW*****

Monthly- Black Belt Combative training & Blue and up BJJ training.

2018 January Training camp in Thailand: 4 Reflex Students will be attending 9 days of training at Sinbi Muay Thai Training Phuket!

CHRISTMAS PARTIES & STUDENT AWARDS 2017

ADULTS

Saturday, 2 December from 8pm
(12yrs & over)

Lupa Woodfire Pizza (Keira St)
\$40 pp includes a scrumptious Italian set menu

Put your name down now!

KIDS/TEENS

Saturday, 9 December 3pm - 5pm
Wollongong Botanic Gardens

STUDENT AWARDS

Presentation of awards will be held at the Christmas parties!

This award recognises a student's example set through **Attendance, Effort, Participation, Leadership, Attitude & Respect** for all Instructors, students & the Reflex Centre.

PLEASE NOTE

KIDS/TEENS CLASSES

Last day **Friday, 15 December 2017**
Restarts **Monday, 29 January 2018**

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

CHRISTMAS BREAK: Closed from Thursday 21 December 2017, re-opens Wednesday 3 January, 2018.

WE THANK YOU FOR YOUR CONTINUED SUPPORT!!
WISHING YOU A VERY MERRY CHRISTMAS
& A HAPPY NEW YEAR