



# KIDS & TEENS CLASS TIME-TABLE

Personal Training Available by Appointment

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 AM		<b>Weights Circuit / Boxing</b> (45min.) 15yrs up		<b>Weights Circuit / Boxing</b> (45min.) 15yrs up		
8.00 AM						<b>Teens Kickboxing</b> (1hr.) 11yrs up
3.45 PM	<b>Kids Kickboxing</b> (1hr.) 5yrs up		<b>Kids Kickboxing</b> (1hr.) 5yrs up		<b>Kids Kickboxing</b> (1hr.) 5yrs up	<p><b>Kids / teens classes are per school term dates</b></p> <p>Reflex Kids program teaches -</p> <p><b>Patience</b></p> <p><b>Focus</b></p> <p><b>Kindness</b></p> <p><b>Honesty</b></p> <p><b>Respect</b></p>
4.30 PM		<b>Teens Kickboxing</b> (1 hr.) 11yrs up		<b>Teens Kickboxing</b> (1 hr.) 11yrs up		
4.45PM	<b>Kids Brazilian Jiu Jitsu</b> (45min.) 8yrs up		<b>Kids Brazilian Jiu Jitsu</b> (45min.) 8yrs up		<b>Kids Sticks</b> Filipino 9yrs up (30min.)	
5.15 PM					<b>Mixed Martial Arts</b> (mma) (1hr.) 13yrs up	
5.45 PM <b>MAT 1</b>	<b>Brazilian Jiu Jitsu</b> BJJ (1hr.) 13yrs up	<b>Boxing</b> (1hr.) 13yrs up	<b>Brazilian Jiu Jitsu</b> BJJ (1hr.) 13yrs up	<b>Boxing</b> (1hr.) 13yrs up		
5.45 PM <b>MAT 2</b>	<b>Weights Circuit</b> 15yrs up		<b>Weights Circuit</b> 15yrs up			
6.00 PM					<b>Kickboxing Muay Thai</b> (1hr.) 14yrs up	
6.45 PM	<b>Kickboxing Muay Thai</b> (1hr – 15mins) 14yrs up	<b>Filipino Sticks</b> 11yrs up (1hr.)	<b>Kickboxing Muay Thai</b> (1hr – 15mins) 14yrs up	<b>Sparring Class</b> (40min.) 14yrs up		

**Mat 1:** Skills: Martial Arts & Boxing Training **Mat 2:** Weights: Strength & Conditioning Training

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**Kids / Teens Classes are Per School Term**