

# REFLEX CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>9.30am</b> Kickboxing		<b>9.30am</b> Kickboxing		<b>8.30am</b> Combative Martial Arts
<b>12:15am</b> Kickboxing		<b>12.15am</b> Kickboxing	<b>10:45am</b> Kids ages 3-5		<b>9:30am</b> Kickboxing
<b>3:45pm</b> Kids Ages 8 - 11(A) Ages 5 - 7 (B)	<b>4:30pm</b> Teens Ages 12 - 16	<b>3:45pm</b> Kids Ages 8 - 11(A) Ages 5 - 7 (B)		<b>3:45pm</b> Kids Ages 8 - 11(A) Ages 5 - 7(B)	
<b>5.30pm</b> Fight Girls Fitness	<b>5.45pm</b> Boxing	<b>5.30pm</b> Fight Girls Fitness	<b>5.45pm</b> Boxing	<b>5:30pm</b> Kickboxing	
<b>6.30pm</b> Kickboxing	<b>7:00pm</b> Doce Pares Stick Fighting	<b>6.30pm</b> Kickboxing	<b>7.00pm</b> Pad & Sparring class	<b>6:30pm</b> BJJ Ground Fighting	

**Private lessons and Black Belt Course are available by appointment.**  
 The Reflex centre is open 6 days a week. Come in and take advantage of the multiple bags, open matted floor, speed ball, bikes, and treadmill or weights area. Students are encouraged to come in and train in class and on their own. Our main goal and reason for existence is not only to create champions of the ring, but "champions of the heart"



## Reflex Martial Arts Centre

32 Auburn St Wollongong , 2500

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Monday & Wednesday: 7am to 1:15pm & 3:30pm till late

Tuesday & Thursday: 7am to 12pm & 3:30pm till late

Friday 3:30pm to 7:30pm

Saturday: 8am to 12pm