

REFLEX CLASS SCHEDULE

From June 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am		Kickboxing		Kickboxing		Kickboxing
10:30am						Stick Fighting
10:45am				KIDS		
12:15pm	Kickboxing		Kickboxing			
3:45pm	KIDS		KIDS		KIDS	
4:30pm		TEENS		TEENS		
5:45pm MAT 1	Women's Kickboxing	Boxing	Women's Kickboxing	Boxing	Kickboxing	
5:45pm MAT 2	BJJ	Cross Kettle Bell	BJJ	Cross Kettle Bell	MMA	
6:45pm	Kickboxing	Stick Fighting	Kickboxing	Sparring Class		

With the variety of classes offered at convenient times, we're sure you'll find a schedule that works for you and your family.

Black Belt Course and Personal training are available by appointment.



Reflex Martial Arts Centre

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Morning: Monday to Thursday open for class times and appointments

Afternoon: Monday to Friday 3:30pm to 8:00pm

Saturday: Open for class times and appointments

Sunday: Closed