

# 2026 NEW REFLEX CLASS SCHEDULE

Personal training available by appointment

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING TIMES (Open mat training by messaging us for open times)</b>						
6.15 AM		Boxing Conditioning	Jiu Jitsu (NO GI)	Boxing Conditioning		
8.30 AM						Muay Thai (Pad work) Adults / Teens
9.30 AM						Jiu Jitsu (NO GI) Adults / Teens
10.30 AM						Sparring Class 14yrs to adults
<b>AFTERNOON TIMES (Open mat training in the weight gym only 3.45pm - 5.30pm)</b>						
4.15 PM	Kids Kickboxing 5yrs to 11yrs		Kids Kickboxing 5yrs to 11yrs		Kids Kickboxing 5yrs to 11yrs	<b>Ladies Class Jui Jitsu Saturday 8.30am</b>  More info Call: 0402010058
4.15 PM	Teens Boxing 11yrs to 15yrs	Teens Kickboxing 11yrs to 15yrs	Teens Boxing 11yrs to 15yrs	Teens Kickboxing 11yrs to 15yrs	Kids Elite Training 11yrs to 16yrs Boxing / Kickboxing	
5.00 PM	Kids Brazilian Jiu Jitsu 5yrs to 11yrs	Teens MMA 11yrs to 15yrs	Kids Brazilian Jiu Jitsu 5yrs to 11yrs	Teens MMA 11yrs to 15yrs		
5.00 PM	Teens Brazilian Jiu Jitsu 11yrs to 15yrs		Teens Brazilian Jiu Jitsu 11yrs to 15yrs		Filipino Sticks 11yrs to adults	
5.50 PM	Strength & Conditioning	Ladies Boxing	Strength & Conditioning	Ladies Kickboxing	Muay Thai Kickboxing	
5.50 PM	Boxing	Brazilian Jiu Jitsu  MMA	Boxing	Brazilian Jiu Jitsu  Fighters Class	Wrestling For Jiu Jitsu & MMA	
6.50 PM	Muay Thai Kickboxing	Boxing	Muay Thai Kickboxing	Boxing		