

2026 TERM KIDS / TEENS REFLEX CLASS SCHEDULE

Personal training available by appointment

CENTRE: 02 4227 5555 **MOBILE:** 0402 010058 **EMAIL:** reflexcentre@outlook.com.au **WEB:** www.reflexcentre.com.au

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING TIMES						
8.00 AM						Open Mat Training 14yrs and up
9.00 AM						Jiu Jitsu (NO GI) Adults / Teens
10.00 AM						Sparring Adults / Teens Class
AFTERNOON TIMES						
4.15 PM	Kids Kickboxing 5yrs to 10yrs		Kids Kickboxing 5yrs to 10yrs		Kids Kickboxing 5yrs to 10yrs	
4.15 PM	Teens Boxing 11yrs to 15yrs	Teens Kickboxing 11yrs to 15yrs	Teens Boxing 11yrs to 15yrs	Teens Kickboxing 11yrs to 15yrs	Teens Elite Training 11yrs to 16yrs Boxing / Kickboxing	
5.00 PM	Kids Brazilian Jiu Jitsu 5yrs to 10yrs	Teens MMA 11yrs to 16yrs	Kids Brazilian Jiu Jitsu 5yrs to 10yrs	Teens MMA 11yrs to 16yrs		
5.00 PM	Teens Brazilian Jiu Jitsu 11yrs to 15yrs		Teens Brazilian Jiu Jitsu 11yrs to 15yrs		Filipino Sticks Taking names	

Reflex Centre - Martial Arts & Fitness Dominic Lavalley 32 Auburn St, Wollongong.