

2026 CHRISTMAS JANURAY HOLIDAY CLASS TIMETABLE

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 (Open mat training by messaging us)						
6.15 AM	Book Pts	Boxing Strength Circuit	Book Pts	Boxing Strength Circuit	Book Pts	
8.30 AM	Book Pts	Book Pts	Book Pts	Book Pts	Book Pts	Muay Thai (Pad work) Adults / Teens
9.30 AM						Jiu Jitsu (NO GI) Adults / Teens
10.30 AM						Sparring 14yrs to Adults
AFTERNOON TIMES						
4.15 PM	Book PTs	Book PTs	Book PTs	Book Pts	Book PTs	
5.00 PM	Book PTs	Book PTs	Book PTs	Book PTs	Book Pts	
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	Jiu Jitsu (NO GI) BJJ Take-downs	
6.50 PM	Muay Thai Kickboxing	Boxing	Muay Thai Kickboxing	Boxing		

Reflex Centre – Timetable is back to normal with more classes on the 2nd of FEBRUARY 2026!!!