

2026 NEW REFLEX CLASS SCHEDULE

Personal training available by appointment - Reflex Centre - Martial Arts & Fitness Dominic Lavallo 32 Auburn St, Wollongong

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15 AM		Boxing Conditioning	Jiu Jitsu (NO GI)	Boxing Conditioning		
9.00 AM						Jiu Jitsu (No Gi) Adults - Teens
10.00 AM						Sparring Class 14yrs to adults
4.15 PM	Kids Kickboxing 5yrs to 11yrs		Kids Kickboxing 5yrs to 11yrs		Kids Kickboxing 5yrs to 11yrs	Taking Names: Ladies Class Jui Jitsu 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	MMA Fundamentals (Adults)	Teens Brazilian Jiu Jitsu 11yrs to 15yrs	Fighters Class (Invitation Only)		
5.50 PM	Strength & Conditioning	Ladies Box / Kick	Strength & Conditioning		Muay Thai Kickboxing	
5.50 PM	Boxing	Brazilian Jiu Jitsu (Gi)	Boxing	Jiu Jitsu (No Gi)	Wrestling For Jiu Jitsu & MMA	
6.50 PM	Muay Thai Kickboxing	Boxing	Muay Thai Kickboxing	Boxing		

**OPEN
MAT
TIMES**

OPEN MAT
8.00am to 9.30am
4pm to 5.30pm (gym)
7.00pm to 8.00pm (cage)

OPEN MAT
6.30am to 9.30am
5pm to 8pm (gym)

OPEN MAT
8.00am to 9.30am
4pm to 5.30pm (gym)
7.00pm to 8.00pm (gym)

OPEN MAT
6.30am to 9.30am
4pm to 8pm (gym)

OPEN MAT
8.00am to 9.30am
4pm to 7pm (gym)

OPEN MAT
8.00am to 9.00am (mat)
8.am to 11am (gym)